

2017
SURVEY

Sex, Lies & Laundry > The Secret Lives of
Canadian Women

CHATELAIN

Soup's On

COZY
DISHES
THAT'LL
WARM
YOU
UP

A FIELD
GUIDE TO
THERAPY

P. 56

Thai Sweet Potato
Red Curry Soup

P. 76

Dreamy
Chocolate
Recipes

+

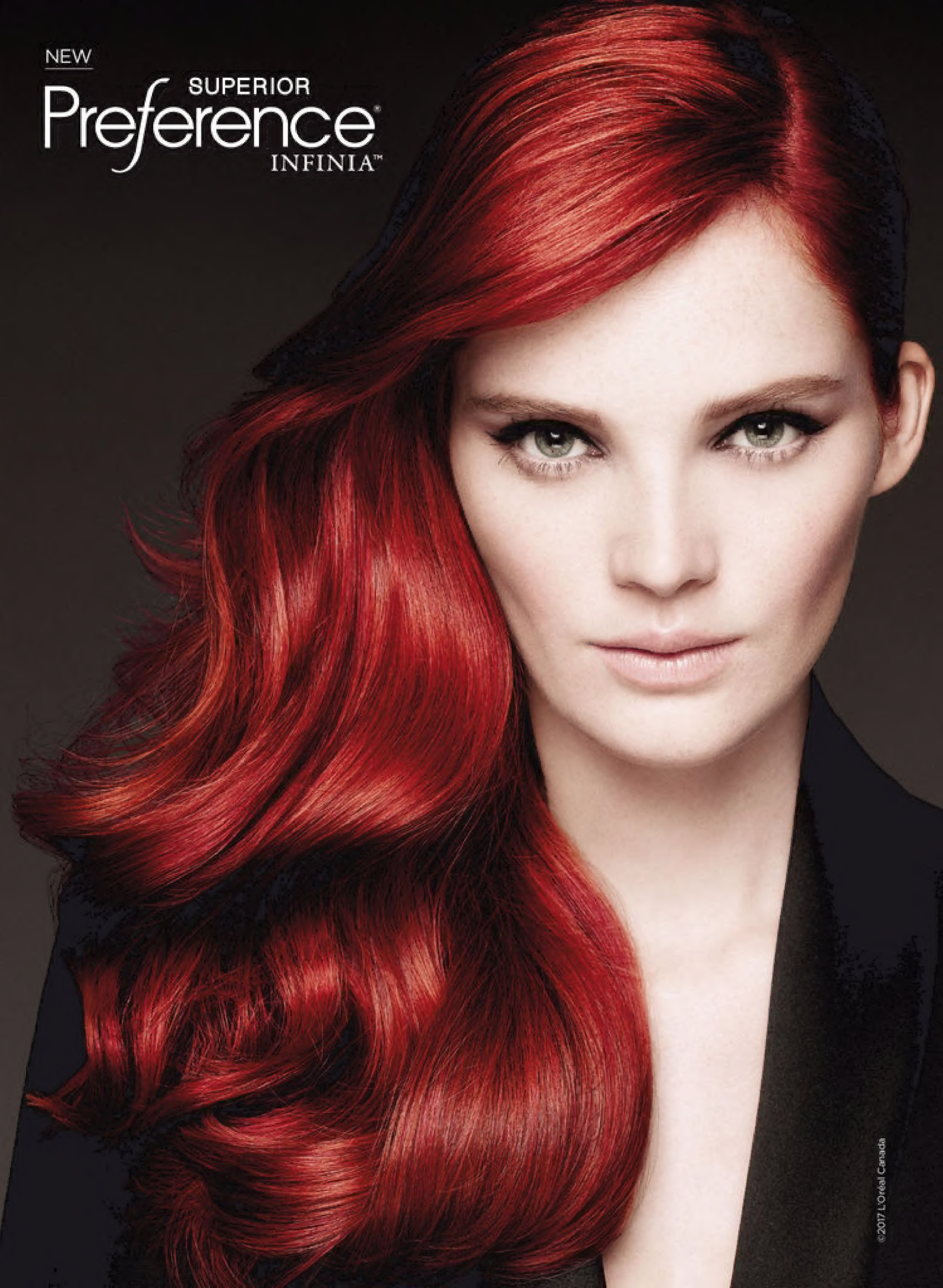
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CHATELAINE
TWITTER POLL
WHICH ARE YOUR
DEFAULT?

15%
SEXY UNDIES

85%
COMFY UNDIES



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We test every single recipe in the Chatelaine Kitchen at least three times (sometimes even more!) to make sure it's delicious and foolproof. We also make sure the recipes are easy to follow and shop for. Volunteer to be a home tester at testing@chatelaine.com.

CRETZEL PHOTO: ERIK PUTZ 40ISH PHOTOS: JENNIFER ROBERTS



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Next generation

We don't need a study to tell us that women are very curious about each other's lives. We often assume our friends and colleagues have it all figured out—at home, at work, in their own skin. This month, we present the fascinating results of our second annual survey of Canadian women ("This is 40ish," page 64), in which we asked more than 1,000 women from coast to coast to tell us how they really feel about love, sex, work, money, health, aging and (because we're nosy) their preferred style of underwear. They're the kind of questions you'd ask if polite society

weren't a major consideration: What's the worst thing you do as a parent? When do you lie about money? How often do you fantasize about quitting your job? It turns out that a lot of us suspect other people are having more fun, more sex and more fulfilling relationships than we are—and, okay, some people actually are. But there's serious comfort in knowing that everyone else is worrying about it too.

For almost 90 years, *Chatelaine* has served to connect Canadian women through personal storytelling and shared experience. With each new generation, the magazine has evolved to reflect the tone, style and, of course, recipes of the times (these days, for instance, we rarely use gelatin moulds). This year, we're evolving again. Beginning with the March 2017 issue, the print edition of *Chatelaine* will be going bimonthly (so instead of producing 12 issues a year, we're making six). Our magazine will continue to be an essential part of what we do. At the same time, as culture and technologies continue to shift and our readers migrate to new platforms in droves, we're increasing our commitment to digital storytelling in its myriad forms and to the real-time conversations it allows for.

In 2017, there have never been more ways to engage with *Chatelaine*, whether it's through our dynamic daily app (available on Android and iTunes), our intimate UpTalk podcast (find it on our website) or via our curated newsletters, delivered straight to your inbox each morning. Plus, you can find us 24/7 on our social feeds: Follow us on Facebook, Twitter, Pinterest, Instagram and YouTube for the latest *Chatelaine* stories, recipes, videos and more. To our loyal print subscribers, our commitment to producing a gorgeous, idea-packed magazine is as strong as ever and we're grateful for your continued support—our next issue will be in your mailbox before you know it. Until then, don't be a stranger.

Lianne

Lianne George
letters@chatelaine.rogers.com

MISCELLANEOUS THINGS WE LEARNED THIS MONTH



Five ways to display your books artfully. P 38



Highlighting is the new contouring. P 21



What a vibrator with a "smart memory" can do. P 51



How to make the best chocolate cookies on the planet. P 88



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FEBRUARY

'17

notebook

What to read, watch, do and love this month



FIRST THING

Lace up and go

The key to surviving a Canadian winter is to get outside, preferably on two blades. The country has some majestic skating trails, like the one at Arrowhead Provincial Park in Muskoka, Ont., which winds through 1.5 km of snow-dappled trees. And if the *après* part is more your thing, sip a hot toddy in a cozy lodge: The Fairmont Chateau Lake Louise, overlooking the lake's emerald expanse, is spectacular.

Arrowhead Provincial Park is open for the winter season Dec. 9–March 27. ontarioparks.com/park/arrowhead.



MS. CHATELAINE

Ausma Khan

This human rights lawyer turned author and activist is untangling East-West relations one crime novel at a time

By KATIE UNDERWOOD

In troubled times, art flourishes—whether as a necessary outlet or simply as a way to beat back the existential ennui. Given the undercurrent of xenophobia in today's political climate, some may think it's frivolous to pour sweat into a crime novel. Ausma Khan disagrees.

Born in Leicester, England, to Pakistani parents, Khan had a childhood shaped in part by the swirling racial tensions in the England of the early '70s. Concerned about the well-being of his four Muslim children, Khan's father moved the family to the Canadian prairies, and later Toronto, in the name of opportunity. A bookish kid, Khan immersed herself in the

enforcement and the Muslim community.

Khan says *Ruins*, which situates Khattak overseas in Iran, is a "good parallel to what's happening in the United States," where she lives with her husband, a professor. "People are building walls and retreating into insular identities," she says. "I'm putting Esa in a setting where he has to learn somebody else's way of doing things." Marrying advocacy, law, education and art comes naturally to Khan. "I've always tried to represent marginalized voices," she says. "If I can craft something with a message of hope and belonging and common humanity, the work I do is activism. For me, there is no distinction." **C**



Age 47

Occupation Author and human rights lawyer

Lives Denver, Colorado

Loves The National Ballet of Canada, travelling and Harry Potter

sci-fi series *Dune* and dreamed of writing her own novel. "It was so appealing to me because the novel relies heavily on Islamic mythology," says Khan. "Its history and symbols were presented in a very life-affirming and magical and powerful way that I hadn't seen before." But, she says, her "traditional" South Asian family values took precedence over her clandestine dream: She pursued a PhD in international human rights law and went on to practise law and teach it at both Northwestern and York Universities. She also served as the editor-in-chief of *Muslim Girl*, a magazine geared toward a young, female audience that Khan says "represented the real Canadian Islam." But when the magazine closed in 2008, Khan finally sat down to write a trilogy of crime novels.

The Unquiet Dead (published in 2015, when Khan was 46), *The Language of Secrets* and her latest, out this month, *Among the Ruins*, follow Inspector Esa Khattak, a Toronto-based Muslim cop who handles "minority-sensitive" cases in the city's community policing division. For all of its fictional plot points, Khan's series tackles very real issues: Islamophobia, war crimes and the fraught relationship between law

"The Kicker"



"The Flamingo"



"The Irish Stepdancer"



"The Bat"



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THE CHECKLIST

Five things on our radar this month



COMEBACK CORNER

Name

Megan Follows

You know her as

Anne-with-an-e Shirley, heroine of the original (and definitive) *Anne of Green Gables*.

You've confused her with

Emily Watson, an actor with similarly regal bearing (and Titian hair).

You barely thought about her till

she showed up in the 2005 CBC biopic *Shania: A Life in Eight Albums*, playing the mother of the Canuck country queen.

And then when

she guested in a 2011 episode of *House*.

Now she's back

to launch her fourth season as Catherine de' Medici in the schmaltzy historical drama *Reign*.



TV Three's company

In *Big Little Lies*, a blockbuster HBO miniseries from *Ally McBeal* titan David E. Kelley, three moms (played by powerhouse trio Nicole Kidman, Reese Witherspoon and Shailene Woodley) commiserate over the toxic dynamics and secret shames they keep behind closed doors. Dark laughs ensue.

Premieres Feb. 19.

MUSIC

North Stars

A-list performers of blockbuster pop hits have become one of Canada's greatest natural resources (take that, wood and fur). There's indie spirit Alessia Cara, boy next door Shawn Mendes and wannabe bad boy the Weeknd. But it's the bros with braggadocio and bruised hearts—Justin Bieber and Drake—who are ruling the international stage. This year, the Biebs landed four Grammy nods and the self-dubbed 6 God snagged eight.

Watch the Grammys on City, Feb. 12.

THEATRE

Good Samaritans

On September 11, 2001, 38 planes descended on Gander, N.L. The small town rallied to feed and house the wayfarers, offering a sense of community in the midst of chaos.

Those events inspired *Come from Away*, a delightful 2015 musical that opens on Broadway (in previews) this month.

Opens Feb. 18.

FILM

Dark and steamy

The *Fifty Shades* franchise allowed closet fetishists to acknowledge their secret kinks in book clubs, on commuter trains and in movie theatres. As *Fifty Shades Darker* hits theatres Feb. 10, we chart some classic film turn-ons

TORRID



BDSM
Fifty Shades Darker (2017)



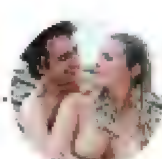
Car crashes
Crash (1996)



Young Mickey Rourke
9½ Weeks (1986)

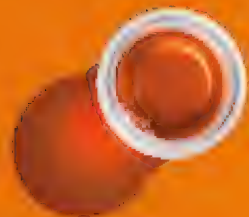


Billowing skirts
The Seven Year Itch (1955)



Corncrows; a one-piece
10 (1979)

TAME



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Q&A

Literary
superstar
Zadie Smith
on race, class
and Prince
Harry's new
relationship

By SADIYA ANSARI



◆ Zadie Smith, the award-winning British novelist, essayist and frequent *New Yorker* contributor, found literary fame at just 24 years old with the success of *White Teeth*—a sprawling, boisterous snapshot of multicultural London in the early aughts. She now teaches creative writing at New York University and recently released her fifth novel, *Swing Time*. The book follows an unnamed narrator who grows up in working-class London with her Jamaican mother and British father. She immerses herself in dance but never breaks through. Instead, she enters the bizarre world of celebrity by becoming a personal assistant to an Aussie pop diva. As always, Smith brings her observational style to heavy themes, like the confines of class, race and belonging, and toxic friendships. *Chatelaine* spoke with Smith about raising girls, being thoughtful in the era of hot takes and what she considers her greatest achievement.

PHOTO: BRIAN DOWLING/GETTY IMAGES ENTERTAINMENT

Your new book focuses on two girls growing up in London in the 1980s, when you came of age, and you have a daughter now. What's harder and what's easier about raising girls these days? I do notice a kind of rigidity about gender now. The little girls I know don't touch something if it's not pink; they want to know first if it's meant for them or meant for boys. Kids just seem to be aware of their gender incredibly early, with lots of depressing side effects, like "I don't want to play that game because it's not a girls' game," or "I don't want that toy because it's not a girls' toy."

In a recent *Vanity Fair* piece, you said your greatest accomplishment was getting into Cambridge, but you published your first novel at just 24 years old. I thought that would be your biggest coup. Going to university was the least likely thing to happen to me, and it was the hardest thing. Everything followed once I got into university: I could learn to write, learn to read, meet publishers. That's all gravy afterwards. The gap is trying to get to a place where any of this stuff could possibly happen. I worked so hard to get into university, it almost killed me. Now, I teach at NYU, so I'm completely aware of kids who think going to university is as natural as getting up in the morning. From the moment they were born, they were going to go, and once they are there, they almost have contempt for the process. But that's a different kind of life.

I wish I had read all your books as a teenager, so I could see myself reflected in literature. Why is it so important to see yourself in culture? I used to kick against that slightly sentimental idea of literature, because I thought it was a kind of ghettoization—that we're going to write books only as role models for readers. But, as I've grown older, I've recognized how important it was to me. I've just read *Homegoing*, by a girl who is almost half my age [Yaa Gyasi], and my first thought was exactly as you say, "I wish I'd had this book when I was 15. I wish somebody had written a novel about slavery and what followed in a way that I could understand."

You've portrayed complex characters of many races since the beginning of your career. But recently race has become a trendy subject on social media and in the

"I'm not trying to make anybody like me. I'm just trying to write life as I see it."

press. Are you concerned that the media is co-opting identity politics for clicks? Part of the interest in identity politics is that people are hoping to find an ethical position from which they can be superior. I think of my brothers on the street when they were young: If white women are going to cross the street to avoid you, you end up playing that role because it's a kind of power. If people are going to be scared of you because of the way you wear your jeans or your hooded top, it's something; it's better than nothing.

A lot of the fierce policing people are doing online is about that—about feeling like "I am a black woman and so, at this moment in history, I have this moral authority and I'm going to use it." I don't blame them, but I am not part of that. I am a black woman, but I'm not someone who feels any authority from that position. I don't really believe in the authority of a personal identity—I believe only in action, good and bad. I see people battling each other, knocking each other's privileges down. I'm more interested in the questions of structural inequality than in "my personal identity is more blameless than yours." I don't think you can get very far on that ticket.

What is the biggest challenge of being a literary writer in the digital era when everyone's rushing to write hot takes? I think of myself as a slow food movement in prose; if somebody asks me to write 2,000 words on someone who died at 4 p.m., I just don't. I might write it three months later, if I feel like it. That's all I do, deciding

to take time and care with what I write and seeing how that goes. People aren't able to read as they used to. I've noticed it more and more in the past 10 years. If someone puts an article of mine online, it's more than possible that 40 percent of people who read the article get exactly the wrong end of the stick.

Prince Harry recently put out a statement about the media's treatment of his girlfriend, American actor Meghan Markle, whose mother is African American. What does it mean to you, if anything? When I was a kid, my mom and I would dream of Prince William having a black girlfriend. I don't know why. I'm way too old to care, but it did send me back to being a small child. So I'm sure some kid somewhere is happy about it. I saw only a vague headline that the British press had responded very negatively to this brown girl. And he always dated blonds exclusively. It's a funny thing.

Harry went after the press for the racial undertones of the coverage. I don't know much about the royal family, but among the young, Harry has always been the one that everybody liked because he's fun, he likes hip-hop and he's badly behaved at times. And somehow he looks posh but also like a boy off the street. So I'm sure it'll confirm what people suspected: that he is one of the people.

Your novels resonate with so many people, in part, because you write from experience. You don't bang readers over the head with a larger message. There's also the thing about wanting to be liked, which is very strong in culture. When my friend Lena Dunham made *Girls*, my students were horrified by it. They couldn't understand why a woman wouldn't make the best of herself at all times. I feel a lot of kinship with Lena for that reason. The purpose of a novel shouldn't be to show how clever and witty Zadie Smith is. A lot of writers write with that intention. I'm not trying to make anybody like me. I'm just trying to write life as I see it. **G**

ZADIE SMITH
SWING TIME

Swing Time
by Zadie Smith. \$34.

A NOVEL TAKE ON

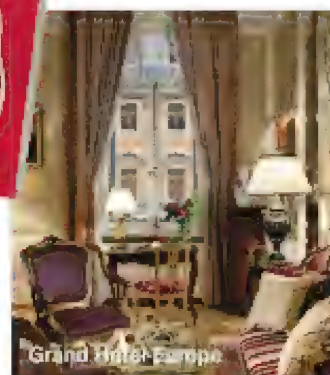
St. Petersburg



St. Petersburg is built on bones, says Emma Richler, noting the “thousands of serfs and Swedish prisoners of war who died in the erection of this beautiful city. I have no doubt it is haunted.” That makes the place a fine setting for her latest novel, *Be My Wolff*, about the fierce and otherworldly relationship between Rachel, daughter of a Russian family living in London, and Zachariah, their adopted son. “The history and culture of Russia holds endless fascination for me,” Richler says. “It’s an epic landscape...a gift for the writer.” — Danielle Groen



The inspiration
Be My Wolff
Emma Richler, \$34



Grand Hotel Europe



Pyshechnaya

Stay

The gorgeous, 140-year-old **Grand Hotel Europe** has serious cultural cred: It's where Tchaikovsky honeymooned and Dostoevsky hung out. There's a caviar and vodka bar, if you're so inclined (and want to be stumbling distance from bed). *Rooms from \$313, belmond.com/grand-hotel-europe-st-petersburg.*

Eat

Start your morning at **Pyshechnaya**, a tiny shop that's served hot, sugar-dusted doughnuts for the past half-century. (No Russian? No problem: It's just fine to use your fingers to show how many doughnuts you want.) Housed in old army barracks now softened with chandeliers and climbing plants, **Tartarbar** offers several versions of its eponymous raw dish — beef, lamb and venison — plus plenty of fish. *pyshechnaya.ru; tartarbar.ru.*

Do

First unveiled in 1782 as a tribute from Catherine the Great to honour Peter I, the **Bronze Horseman** sculpture has survived invasions, floods and a Second World War siege. “One should touch the Bronze Horseman, walk all the bridges and canals on a snowy evening and breathe in the wintry air from the Gulf of Finland,” Richler suggests. Then catch a ballet at the **Mariinsky Theatre**, where Nijinsky, Nureyev and Baryshnikov all danced. The sprawling new Mariinsky II, with its multiple spiral staircases, has a glass-and-steel terrace with stellar views of the city. *mariinsky.ru.*

Russian nesting dolls of things unlikely to be found in Russia



British postboxes, \$56. *amazon.ca.*



Panda bears, \$48. *canadatoyssupply.ca*



Star Wars villains, \$15. *chapters.indigo.ca.*

3

NUMBER OF TIMES THE CITY CHANGED NAMES
St. Petersburg (1704)
to Petrograd (1914)
to Leningrad (1924)
and back (1991).

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*Based on US data. Data on file.

*Adult skincare brand in North America, excluding Mexico. Data on file.



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Sephora Pro-Highlighting
Palette in Warm, \$45.

Radiant beams

The contouring trend (and subsequent explosion of how-to videos) is finally coming to an end. In its place is a refreshing, pared-back approach to highlighting your natural features. This look is all about luminous skin achieved by applying a super-sheer gloss (not glitter) to the cheekbones, eyelids and lips—and skipping powder altogether.

Top: \$60, hm.com | Earrings: \$115, carolinemazon.com

HAIR AND MAKEUP: CIA MANDARELLO FOR PTM; CIA USING MAKEUP FOR EVER AND KEVIN MURPHY

TEST DRIVE

Charcoal deodorant



The reviewer

Dominique Lamberton,
associate editor

The backstory

This 99 percent natural stick (which goes on clear) is a charcoal-based deodorant that claims to draw out built-up toxins and bacteria from your underarms. The detox process takes 30 days, and you'll smell worse before you smell better.

The day-to-day

Weeks 1 to 3 were smooth sailing. I was virtually odourless, and pretty dry too. And then *bom*. In week 4 a particularly strong odour developed in my left underarm. I started reapplying multiple times a day, and sometimes it didn't even mask the smell fully.

The result

My body odour has levelled out. I still keep the mini stick handy at work, but I'm not getting hit by unexpected whiffs anymore. Listen, nothing beats antiperspirant (and for big events, I'll reach for it again), but the 30 days made me commit to trying a natural deodorant and gave my body time to adjust to it.



Kaia Naturals' Takesumi Detox Charcoal Deodorant, \$21.

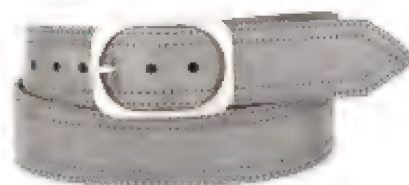
Flu face: When your nose is red, your eyes are swollen, your lips are chapped, and all you want to do is hide.

THE CURE

Flu-face fixes



1. Scrub away dry, flaky skin before applying a balm. French Girl Lip Polish, \$20.
2. Reduce under-eye puffiness with this cooling gel stick. Kate Somerville Goat Milk De-Puffing Eye Balm, \$48.
3. Boost moisture and refresh parched skin throughout the day. Clinique Moisture Surge Face Spray, \$31.
4. Dab on this green stick to balance out redness, then apply concealer over top. Artdeco Camouflage Stick, \$16.
5. Mattify shine and conceal any signs of a sleepless night. Nars Cannelle Soft Matte Complete Concealer, \$38.
6. Hydrate, soften and repair lips in one swipe. Dior Crème de Rose, \$35.
7. Fake a subtle glow with these illuminating beads that instantly brighten skin. Guerlain Météorites Happy Glow Pearls, \$89.



Put a belt on it

One of the biggest accessories of the season is already in your closet. Resurrect your favourite belt and wear it over everything—cardigans, blazers, tunics, you name it.

\$95. braveleather.com.

TREND

Pink all over

Pink pigments applied to both the cheeks and lips were all over Spring '17 runways, creating a monochromatic makeup look with a subtle nod to the '80s (gulp). Don't be scared: The secret to pulling this off is to choose a soft, creamy formula and apply around the temple and blend down the cheekbone.



youth on demand

*See smoother, firmer, more radiant skin
at the push of a button*

NEW

ACTIVE INFUSION YOUTH SERUM
With Pure NIA Spheres

Our **patented NIA-114™** molecule, now
encapsulated in a super-concentrated form +
age-fighting peptides, lipids and anti-oxidants

CLINICALLY PROVEN
TO STRENGTHEN
THE SKIN BARRIER*

2X



Shopper's Drugmart • Murale • Hudson Bay • StriVectin.com f @

*Based on results after 15 days of side by side clinical test comparing Active Infusion Youth Serum with encapsulated NIA-114 spheres vs. Active Infusion Youth Serum without encapsulated NIA-114 spheres.

JUMP

START

A LOOK AHEAD TO THE

**BIGGEST, BRIGHTEST
(AND TOTALLY
WEARABLE) TRENDS YOU'LL
LOVE FROM**

HEAD TO TOE

BETWEEN THE LINES

Stripes, a perennial favourite, arrive for spring in countless variations, like menswear-inspired pinstripes, summery nautical lines or a preppy print adorning a heel. There's a stripe that's just right for you.

Top, \$95, pants, \$124.
bananarepublic.ca

1



2



3



4



5



From a little to a lot, stripes are here to stay

Photography
CARLYLE ROUTH
Hair & makeup
CIA MANDARELLO
Product photography
ROBERTO CARUSO
Off-figure styling
MICHELLE BURCA

1. Shoes, \$135, nnewest.ca. 2. Shoes, \$65, gopcanada.ca. 3. Shoes, \$80, vans.ca. 4. Kate Spade shoes, \$387, amazon.ca. 5. Shoes, \$40, express.com.

SPORTY 2.0

We received the memo loud and clear: athleisure — from track pant stripes on dressy trousers to the carry-all backpack — isn't going anywhere. These pieces are designed for our busy lives but never need to see the inside of a CrossFit gym.


Blazer, \$495,

judithandcharles.com.

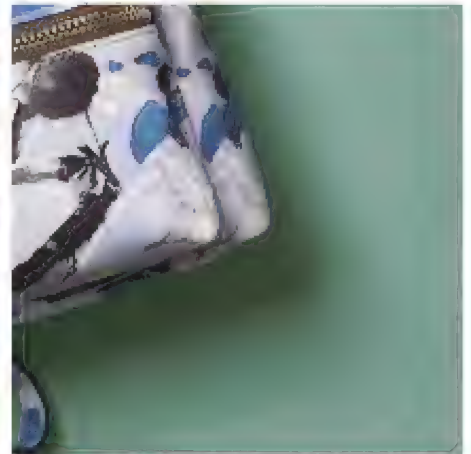
Top, \$13, walmart.ca.

Pants, \$325,

judithandcharles.com.



Get the look with
bold racing stripes
or contrast piping.



These sleek backpacks, designed to replace your handbag, have beautiful finishes and clean silhouettes



1. Bag, \$440, opellecanada.com. 2. Guess bag, \$135, thebay.com. 3. Bag, \$60, winners.ca. 4. Bag, \$299, tigerafsweden.com. 5. Bag, \$130, ninewest.ca.

by *the* *team*

DENIM DREAMS

From faded, barely-there blues to saturated inky indigo, the colour of the season draws inspiration from your favourite pair of jeans. Treat them like a neutral and mix and match different colours, or pair with a classic khaki trench break it up. Trench, \$296, bcbg.com. Pants, \$43, aldravy.ca. Shoes, \$49, joefresh.com.

This trench can be worn buttoned up as a dress or open as a vest.



1



2



3



Regardless of the day of the week, there's a denim blue shade that fits you just right

4



5



1. Shoes, \$295, zvelle.com 2. Shoes, \$238, jcrew.com 3. Shoes, \$130, ninewest.ca 4. Michael Michael Kors shoes, \$148, michaelkors.ca 5. Shoes, \$130, rw-co.com

There's only
**HERE
COMES
THE
SUN**

Layered tone-on-tone, yellow was big on the spring runways, and it's nothing to shy away from. Go with fuss-free silhouettes like a cropped trouser, or add just a hint of colour with a handbag, all of which brighten up a neutral wardrobe. Jacket, \$280, fidelitydenim.com. Pants, \$70, loft.com. Bag, \$98, canada.frenchconnection.com. Shoes, \$285, zvelle.com

Designed in
Canada





1. Bag, \$95, poppyandpeonies.com. 2. Clutch, \$50, winners.ca. 3. Bag, \$195, locaste.com/ca. 4. Clutch, \$62, thebay.com/topshop. 5. Bag, \$285, tedbaker.com/ca.

THE NEW
**MORE
IS
STILL
MORE**

Rather than a focus on hardware in the form of splashy brands and logos, this trend is all about the customization of embellishment. From quirky pins and brooches (a salsa-dancing emoji comes to mind) to embroidery, patchwork and studding, the trend looks great layered, so you can opt for as little (or as much) as you like.

Jacket with attached pins, \$80, hm.com. Top, \$125, johnandjennacollection.com. Jeans, \$45, oldnavy.co.

Accessorize a moto or denim jacket with a cluster of mismatched-on-purpose pins.





*A dose of
embellishment
refreshes these
classic shapes*



1. Michael Michael Kors bag, \$378, michaelkors.ca. 2. Topshop bag, \$46, thebay.com/topshop. 3. Rebecca Minkoff bag, \$195, [Nordstrom](http://Nordstrom.com). 4. Michael Michael Kors bag, \$348, michaelkors.ca. 5. Bag, \$275, scotch-soda.com.



Centring tea with
natural ingredients.



COOL  PITTA

Cooling tea with
natural ingredients.

VIGOUR  KAPHA

Uplifting tea with
natural ingredients.



FIND YOUR BALANCE

Tetley Ayurvedic Balance teas are inspired by Ayurveda, a system of knowledge written down 5,000 years ago, which emphasizes that balancing of the mind, body and spirit is essential for holistic well-being. Working with Ayurvedic experts, our herbal blends were lovingly crafted to address the need for balance during all stages of our lives. **Learn more at [Tetley.ca/findyourbalance](https://www.tetley.ca/findyourbalance)**



Light 'em up with matches personalized with your zodiac sign. Matches, US\$11, anthropologie.com

home

Glow on

Take a page from the Scandinavians and make the long, dark days of winter a bit brighter with a collection of candles.

Stone vases, \$15/each, **soap rocks**, \$12/each, anthropologie.com. **Thin tapers**, \$2/pair, yummicandles.com. **Round candle**, \$6, bouclair.com. **Small votives**, \$2, **flower candle**, \$3, **flameless candle**, \$35, **floating candle**, \$3, michaels.ca.

Keep that warm glimmer going safely all night long with a flameless candle.





Cozy kit

Try these seven things to make winter go by a little faster

1. Wrap yourself in soft textures. *Throw*, \$60, hm.com.
2. Fill up a beer growler and watch a hockey game. *RB7 growler*, \$84, neimanmarcus.com.
3. Learn the constellations. *Calendar*, US\$28, riflepaperco.com.
4. Go to bed with a cozy hot water bottle. *Hot water bottle*, \$30, indigo.ca.
5. Snuggle up with some tea and a new book (perhaps one on hygge?). *Kettle teapot*, \$98, store.menudesignshop.com.
6. Play a board game. *Charades game*, \$12, thebay.com.
7. Plan a sledding party. *Taboggan*, \$100, canadiantire.ca.



INSPIRATION

The velvet touch

Warm up your sofa this winter by swapping your regular upholstery for something in velvet. Swedish online company Bemz makes sofa and armchair covers (and much more) for many popular Ikea models. If velvet isn't your thing, it has more than 250 other fabrics to choose from.

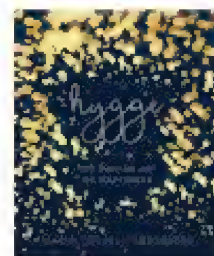
Sofa cover, from \$129, bemz.com.

Hygge: Say HOO-guh. It's the art of appreciating and celebrating the small rituals that make up our daily lives.

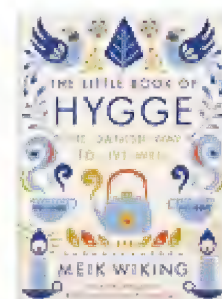
BOOKS

How to hygge

It's the hard-to-pronounce word on everyone's lips. Read on to become an expert



HYGGE: THE DANISH ART OF HAPPINESS
Marie Tourell Soderberg.
\$28, indigo.ca.



THE LITTLE BOOK OF HYGGE: THE DANISH WAY TO LIVE WELL
Meik Wiking.
\$22, indigo.ca.



THE BOOK OF HYGGE: THE DANISH ART OF LIVING WELL
Louisa Thomsen Brits.
\$10, amazon.ca.

"Face-lift" in a tablet?

Are you starting to see signs of ageing on your skin? The skin is the first place we look to evaluate someone's age. Tight, smooth, well-toned skin, is the strongest sign of youthfulness and health. But with age, we start to develop skin thinness, wrinkles and skin sagging. Why does this happen?

The tiny tablet that makes your skin produce more collagen



Collagen is a protein found in our skin. It forms the basic structure that keeps your skin thick, elastic and smooth. The more you have, the younger you look. Unfortunately, after the age of 25, we lose collagen fast, the skin gets thinner, and eventually starts to sag. Collagen supplements have become popular, but even with some promising studies, there is still doubt about how much our skin benefits, as the digestive breakdown of collagen gets in the way.

THE COLLAGEN BUILDING SOLUTION

While topical solutions can provide moisture, they rarely reach deep dermal layers, where the collagen is needed. The solution is to stimulate and boost the skin's own production of collagen, which scientist are finding can be done with some specific ingredients, especially from fruits.

Tomatoes, pomegranate and algae is where we find the most powerful ingredients for boosting collagen formation in the skin. New Nordic has designed a product called Skin Care Collagen™, which concentrates high amounts of these critical ingredients and further adds protective antioxidants and type 1 collagen.

The tablet has been proven to promote both a significant reduction of fine lines as well as an increase in elasticity and hydration.



NEW NORDIC AMBASSADOR CARMEN ELECTRA'S SECRET

After discovering the product while doing a photoshoot in Europe, Carmen Electra has spent time with us and explained her beauty secrets and why she likes Skin Care™ Collagen tablets so much. Read the interview at newnordic.ca/carmen

Skin Care™ Collagen Test Results*:

AFTER 28 DAYS:

- Significantly improved skin moisture and hydration
- Significantly reduced facial wrinkles

AFTER 56 DAYS:

- Significantly improved skin elasticity
- Significantly improved skin tone (redness)
- Significantly improved skin firmness

*BIO-EC "Assessment of a functional food on the quality of the skin on a panel of volunteers." January 27th 2015. STUDY 14E3080



Skin Care™ Collagen is a natural health supplement made by New Nordic, the Scandinavian leader in natural products for 25 years now. To learn more or to buy directly from the manufacturer, please call 1-877-MYNORDIC or visit newnordic.ca

Available at participating pharmacies, health food stores and online.

SHOPPERS
DRUG MART

Loblaws

Superstore

Extra Foods

amazon.ca

Rexall

Zehrs

GNC



newnordic.ca
Online Store

STORAGE

One for the books

Ingenious ways to display your treasured tomes

By ALEXANDRA GATER

Group books with colourful pages together for a pop of brightness.

1.

HIDE THE SPINES

Take the visual clutter off your shelves by displaying your books backwards for a clean, minimal look.



2.

ADD SOME ART

Nail small framed art to the inside and outside of your bookcase to turn your reading nook into an attention-grabbing display.

3.

STACK 'EM

Use a book tower outside a kids' room to keep all of their reads on exhibit. Not only does it act as a great decor piece, but it keeps things organized and within easy reach.

4.

COLOUR CODE

Your room will come to life when your books are grouped by colour. Follow the rules of the rainbow or mix up the order entirely. If you have lots of books that are the same colour, make small groups of the same hue and place on different shelves to keep it balanced.

5.

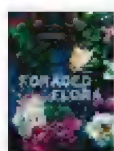
CORRAL INTO CRATES

Why not show off all your large-scale coffee table gems at once? A few Ikea crates are all you need for a DIY shelf.

PHOTOS: 1, 3 AND 5: ROBERTO CARUSO; PHOTO 2: DONNA GRIFFITH; PHOTO 4: CINDY LOUGHRIDGE

**NEW & HOMEWORTHY**

Page-turners that are as useful as they are pretty



Foraged Flora, \$48, amazon.ca



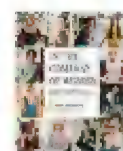
Amelia Handegan: Rooms, \$57, amazon.ca



Nasty Galaxy, \$50, indigo.ca



Living with Pattern, \$33, rebeccaatwood.com



In the Company of Women, \$50, amazon.ca

Maya was shocked by the change in her hair. Fullness and volume were replaced by thinness and lifeless hair. She had to do something.

I PANICKED - MY HAIR WAS THINNING!

"The hair I found in my brush, in the shower and on my cardigan was unfamiliar to me. It was thinning like never before. How could this be happening?"

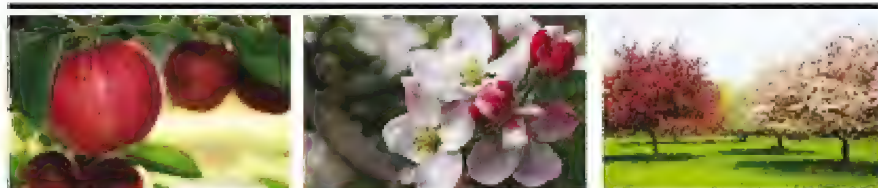
I HAD TO DO SOMETHING

I found out my mother experienced the same problems when she was younger, and she accepted her fate. But much of my personality is in my hair, and I did not want to have the same problems. I read about the importance of hair nutrients, so I went looking for a good supplement.

MY HAIR NOW FEELS FULLER

I was recommended a natural product from Sweden called Hair Volume™, which contained a special apple extract. I have now used this supplement for 2 months and I am really satisfied. My hair feels full and healthy and even my nails feel much stronger. The best part is that the shedding has almost stopped completely. This is proof to me that proper nutrition on the inside helps you look your best on the outside. **I highly recommend Hair Volume to women who want to promote full and beautiful hair.**"

Maya N., Sweden



DID YOU KNOW?

Hair Volume™ contains 4 proven hair growth promoting ingredients: apple extract, millet extract, L-cystine and vitamin B5. But Hair Volume™ also contains more of these ingredients, in one tablet, than any other Canadian hair supplements available. Visit us online to learn more about Hair Volume™.

TEST YOURSELF

- ☐ Is your hair looking dull and thin?
- ☐ Do you experience hair shedding?
- ☐ Are your nails brittle?
- ☐ Are you finding grey hairs? *
- ☐ Do you want to nourish your hair naturally?
- ☐ Are you looking for more hair volume and shine?

If you answered YES to these questions, Hair Volume is definitely something you should try.



Hair Volume™ is a Swedish hair tablet that nourishes your hair from the inside. This natural health supplement is produced by New Nordic, the n°1 supplier of natural health products in Scandinavia.

Available at participating pharmacies, health food stores and online. For more information call 1-877-696-6734 or visit newnordic.ca

*Hair Volume contains copper which has shown in some studies to help the hair regain color. To make sure this product is right for you, always read the label and follow the instructions.

SHOPPERS
DRUG MART

Walmart
Superstore

Loblaws
Extra Foods

amazon.ca
GNC
Rexall

LONDON
DRUGS
Zelus

NEW NORDIC

newnordic.ca
Online Store

MATERIAL WORLD

The recent Design Week in **MEXICO CITY** was all about a playful melding of traditional colours and forms with modern ideas. Here's how to incorporate four key trends back home

By EMMA REDDINGTON | Photography by SIÂN RICHARDS

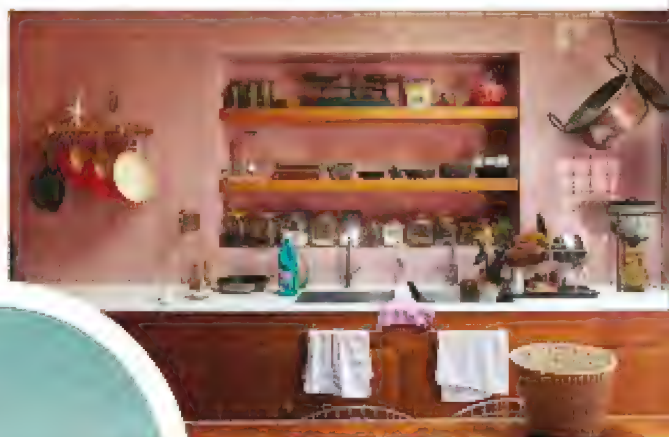


1

Paint palette

One look at a Diego Rivera mural or the interior of a house designed by architect Luis Barragán, and you see a complex love affair with colour. Warm and cool shades often mingle side by side, and there's no such thing as a neutral interior.

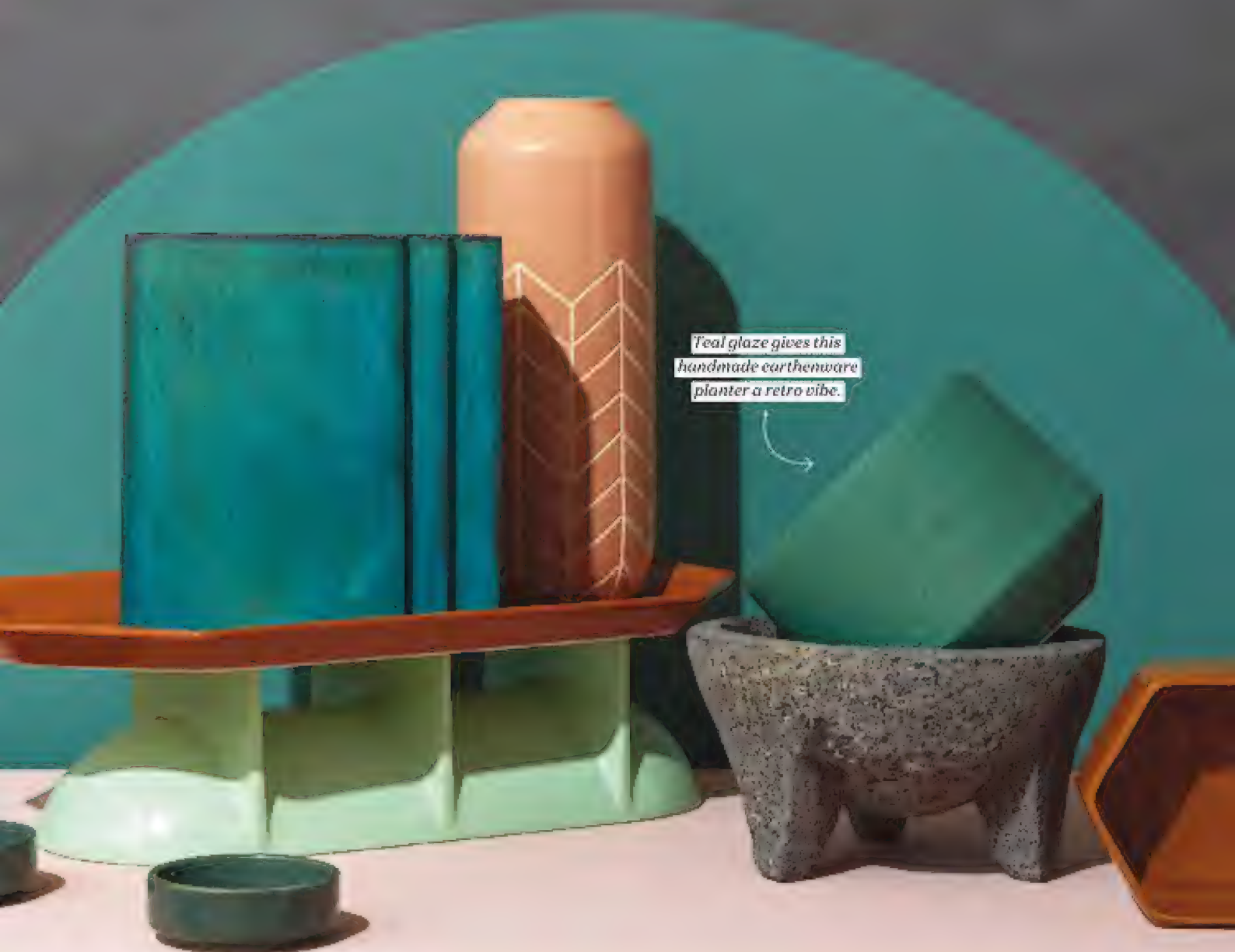
CLOCKWISE FROM TOP LEFT
Exterior wall A manicured tree pops against a pink building. / **Dining room** Teal-blue walls, floor and ceiling give the feeling of being submerged underwater in the restaurant at the recently renovated Hotel Carlota. / **Kitchen** Original ceramic pink tiles cover the walls of the kitchen in architect Luis Barragán's Pedregal House, designed in the late 1940s. The house is lived in, but tours can be arranged by appointment. / **Living room** Volcanic rock erupts through the walls of the Pedregal House. All the furniture in the house was designed by Barragán. / **Back stairs** The exterior of Barragán's Pedregal House, which has recently been through an extensive 20-month restoration, matches the pink of some interior walls. / **Mural** Until the 1990s, the city's water supply flowed over muralist Diego Rivera's work *Water, Origin of Life*. The water has been diverted to protect the monumental artwork. / **Statue** A small sculpture keeps watch against a teal-blue exterior wall of the Pedregal House.



→
**GET THE
LOOK**

Cool shades of mint green and teal blue contrast with the warmth of terracotta and pink to create a fashion-forward palette that can be applied to tableware or even walls. *Small green bowls, \$25 each, umbrashift.com. Teal vase, \$76, terracotta platter, \$23, terracotta bowl, \$10, green planter, \$30, chevron vase, \$22, cb2.com. Foiled mint bowl (upside down), \$130, easytigergoods.com. Lava-rock mortar, \$50, williams-sonoma.com.*

*Teal glaze gives this
handmade earthenware
planter a retro vibe.*



2

Ceramics

The production of ceramics in Mexico dates back thousands of years. The pottery ranges in colour from traditional terracotta to a silvery charcoal called *barro negro*, made in the Oaxaca region.

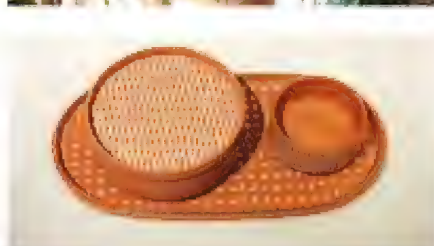
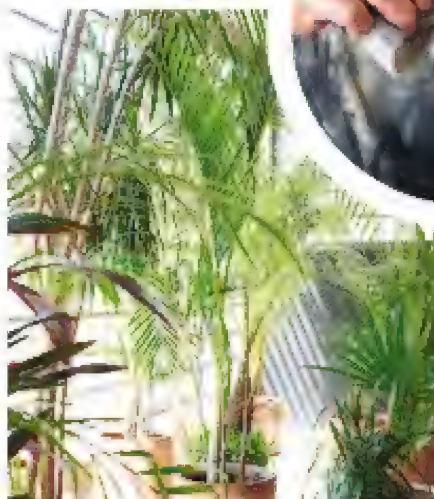
CLOCKWISE FROM TOP LEFT

Plants A group of palms bask in the sunshine at the studios of contemporary furniture designers La Metropolitana. /

Made by hand A student at the Taller Experimental de Cerámica studio sponges a piece of wet clay. /

Stacks of dishes Shelves are lined with traditional tableware at Luis Barragán's Pedregal House. / **Large vase** A jaguar and tiger depicted on a ceramic vessel at the Museo Tamayo art museum. / **Cup and bowl** An earthenware mug and black glazed bowl in the design studio of Lagos del Mundo.

Its line of minimalist-inspired home products is made in collaboration with craftspeople all over Mexico. / **Potter** Adriana Díaz de Cossio and her father, Alberto, run the Taller Experimental de Cerámica workshop in the Coyoacán area of Mexico City. They produce most of the tableware for restaurants around Mexico City and are celebrated artists in their own right. / **Bowls and tray** Contemporary German designer Hanne Willmann worked with traditional Jalisco potters to create tableware that references the past with an eye to the future.



→
**GET THE
LOOK**

The ongoing trend of handmade products means it's easy to find sculptural ceramics to add to your home. Group all of the pieces together to create the best effect on open shelving or in display cabinets. Sticking with a particular colour or style of pottery also gives your collection more presence. *Pleated vase, \$60, pleated dish (upside down), \$60, umbrashift.com. Vase, \$37, cb2.com. Mug, \$65, pour over, \$85, pitcher, \$165, easytigergoods.com.*



3

Concrete

In 1968, Mexico City hosted the Summer Olympics, which set off a host of new building projects. Architects at the time favoured modern concrete construction. The look continues to influence contemporary designers.

CLOCKWISE FROM TOP LEFT

Urban oasis A swimming pool slices through the central courtyard of the hip outpost Hotel Carlota. JSa Architects rejuvenated the 1970s hotel and celebrated the use of concrete, using it for everything from the reception desk to the floors of the hotel rooms. The breeze block allows for air circulation to the terraces as well as privacy. / **Outdoor seating** Two Acapulco chairs are a comfortable place to land on a private concrete-walled balcony. / **Library** A clean-lined concrete fireplace sets the scene at the communal library furnished with colonial-era pieces at the Hotel Carlota. / **Hanging lights** Concrete lamps designed by contemporary design firm MDC on view during Design Week in Mexico City.





*These holders
are made
specifically for
votive candles.*

→
**GET THE
LOOK**

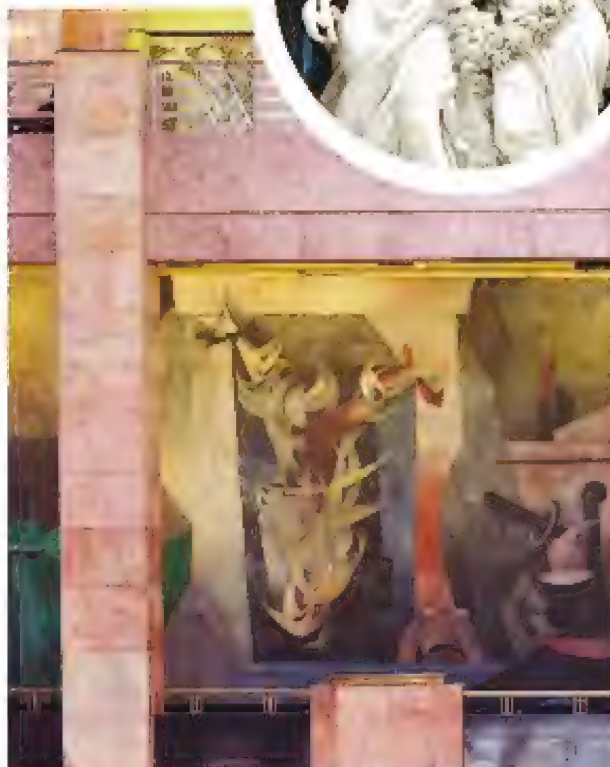
Claymore is a material that gives itself to being cast in different forms. As a result, products from the brand are distinct by their abstract, architectural shapes, whether they're small objects like coffee tapers or large items like outdoor sofas or pendant lamps. White, painted votive candle holder, \$40; tapered white ceramic holder, \$16; ceramic vase, \$28; tall ceramic holder, \$10; short ceramic holder, \$6; and cone ceramic holder, \$16. www.dawson.com. Pendant light, \$100. dawson.com.

4

Marble

Pink marble and onyx are abundant in nearby Puebla state, and therefore used widely throughout Mexico City. Slabs and tiles line everything from bathroom walls to the pillars of the Palacio de Bellas Artes in the heart of the city.

CLOCKWISE FROM TOP LEFT
Hanging lights Brass pendant lights are suspended in a pop-up shop by Mexican-Austrian designer David Pompa during Design Week. / **Step by step** A grand central staircase rises to an illuminated dome in the Museo de Arte Moderno. / **Grand entryway** The interior of the Palacio de Bellas Artes, a cultural centre best known for Diego Rivera's mural *Man, Controller of the Universe*, also contains murals by Rufino Tamayo (pictured here). / **Pink marble** A detail of the pink marble from the state of Puebla. / **Statues** These stand outside the Palacio de Bellas Artes. The exterior of the building is art nouveau in style while the inside is art deco.



Hefty bookends
will keep your
shelves in
geometric order.

→
**GET THE
LOOK**

Walls made like Gurnee and East-at
trend is for shadowlike black, pink and
bricks and cover your kitchen island in
\$799, white, cream, 5m and large black
Lidell bowl \$200, Indiana, 7m \$250

Aveeno
ACTIVE NATURALS®

Naturally Beautiful Results™

It's a simple equation.
Healthy skin equals beautiful skin.

For twice the moisture* and softer, smoother skin,
try AVEENO® Daily Moisturizing Body Wash & Lotion together.
The exclusive ACTIVE NATURALS® Oat lotion delivers
healthier-looking skin in just one day. What a beautiful difference.





health

Buzz-worthy

Imagine that you like starting every day with a piece of toast. You do it for 20 years. You're totally content with it—until one day, you're not. There's nothing wrong with the toast. But maybe it's time for an English muffin.

And maybe after years of having decent, if unadventurous, sex, you're hitting mid-life and thinking, "Maybe a vibrator?" If the thought of pulling out a giant wand from the bedside table is uncomfortable, consider starting small, says Robin Milhausen, associate professor of family relations and human sexuality at the University of Guelph. A lot of new vibrators fit in the palm of your hand and if you're still feeling shy, try introducing it as a massaging tool for the neck and shoulders, before migrating under the sheets.



The lemon-shaped Minna Limon has a "smart memory" feature that records and replays vibration patterns.

1. The Touch, by We-Vibe, has a silky-smooth surface and is the size of a travel bottle of shampoo. \$129, stepshop.com 2. Kiya, by Dome, is a tiny, hands-free vibrator designed for clitoral stimulation. \$142, domeproducts.com 3. Minna Limon, \$155, comeasyouare.com



[LESSON 01]

ACCEPT THE TRUTH ABOUT SEX AFTER 40

1.

"Netflix and chill" isn't a euphemism

If life is busy and your biggest desire is to curl up, fully clothed, with your partner and *The Crown*, cut yourself some slack. It doesn't mean your sex life is over — in fact, some quiet time can help foster intimacy, says Robin Milhausen, associate professor in the Department of Family Relations at the University of Guelph. Just keep your partner in the loop with how you're feeling.

2.

RIP, rose petals on the bed

Chances are grand romantic gestures are a thing of the past — and that's okay. Shake things up by "making out in the laundry room," says Milhausen. And if you're short on time, don't shortchange manual stimulation. "Touching your partner, and having your partner touch you, is very pleasurable — and often climax comes quickly!"

3.

It's not all downhill from here

Some women find that desire increases as they age, Milhausen says. Feeling comfortable in your own body and knowing what you like means you can leave the insecurities of your youth behind.



1. Organic

Gilbert says there's no obvious advantage to choosing organic. It comes down to personal preference. *Good Clean Love Almost Naked organic personal lubricant*, \$17, goodcleanlove.com.

2. Warming

These are "worth a test drive," but if you're prone to reactions down there, exercise caution. *Durex Play Warmer lubricant*, \$13, shoppersdrugmart.ca.

3. Oil-based

Experience dryness outside of sexy time? Oil lubes can soothe the labia and clitoris. During sexy time, however, don't use them with a condom, as they degrade latex. *Province Apothecary sex oil*, \$28, provinceapothecary.ca.

4. Water-based

This type washes off easily but tends to get a little sticky during extended sessions. To remedy this, just add water. *Sliquid H2O natural intimate lubricant*, \$25, well.ca.

[LESSON 02]

Get to know your lubes

There are a few reasons you may feel a little on the dry side as you get older: hormonal fluctuation, dehydration — or maybe your body has always been this way! Whatever the reason (or occasion), adding lube can lead to a feel-good time. Kristen Gilbert, director of education at B.C.'s Options for Sexual Health, says "the idea is to make lube a part of sex play, rather than applying it in a clinical, 'time to get ready' way." Silicone-based lubes stay slippery for longer and have a more "sensual" feel, Gilbert says, but they are far from the only option.

[LESSON 03]

Condoms are different now!

Back in the land of condoms? Fear not: They've come a long way since our high school days. Look for non-latex products made from polyisoprene and polyurethane, says Gilbert — they are warm to the touch, thin and stretchy, allowing for more sensation. Lelo's Hex has been called the "condom of the future"; the company claims its honeycomb structure makes for a more flexible product that is less likely to tear.

\$20/pack of 12, lelo.com.



70

Percentage of single Canadians who said foreplay lasted longer than 10 minutes the last time they had sex. Only 54 percent of married couples said the same thing.

SOURCE A study published by the Sex Information and Education Council of Canada, in partnership with Trojan.

ENERGY TO TAKE OUT THE BOYS

There's girl power in the crunch of almonds. With 6g of protein and 4g of fibre,* almonds are an energy-giving snack ready whenever you need it most.

Learn more at Almonds.com.

*Per 50g serving.

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 **california
almonds**
CRUNCH ON



DR. DANIELLE MARTIN

Q: There are times during the day when I can feel my heart beating irregularly, but everything else seems normal. Should I be worried?

Palpitations are an extremely common concern among women, particularly those under the age of 40 and those in perimenopause and menopause. They are a symptom, not a diagnosis: an awareness of your heartbeat, or a perception that your heart is beating in a way that feels unusual. There are serious problems that can cause palpitations, but other explanations are totally benign. In most cases, we never find a cause (and nearly all such cases are not dangerous).

The bigger things we worry about with palpitations are structural problems or electrical problems of the heart, called arrhythmias. Serious arrhythmias will usually cause not just the sensation of irregular heartbeats but other symptoms too—particularly dizziness or fainting. Some palpitations are caused by other, more systemic issues such as thyroid problems or anemia, both of which are common in women. Some people who experience palpitations may be diagnosed with anxiety or panic disorder.

Benign palpitations can often be attributed to risk factors you can do something about. Caffeine and alcohol can be triggers, as can fatigue. Palpitations can also be worse at different times in the menstrual cycle, and they are a side effect of some



common medications, including asthma puffers, as well as certain cold and flu medication.

To sort out what's what, a health care provider will start by taking a thorough history and physical exam. A symptom diary can be a great help. Record details like when and where you get the palpitations; what you're doing when they come on; what they feel like; whether you get dizzy; whether you have to stop what you're doing; and how long they last. If you're able to take your own pulse and count the number of beats per minute, that's helpful too.

This information, combined with a physical exam, can be used to determine what investigations, if any, are

needed. If you're having other symptoms, like sweating and weight loss, then you probably should have your thyroid checked. If you're fainting, you definitely need to undergo some tests, and your provider might suggest a cardiology referral.

When it comes to a common symptom like palpitations, we need to walk the line between not wanting to over-investigate with unnecessary tests and procedures, and not wanting to be dismissive. That's a difficult thing to do, and something that a doctor and patient have to work through together.

Danielle Martin is a family physician and vice-president, medical affairs and health system solutions, at Women's College Hospital in Toronto.



CAN GETTING PREGNANT IN THE WINTER INCREASE YOUR RISK OF DIABETES?

The research


A five-year study of more than 60,000 births in South Australia, published in *BMJ Open Diabetes Research & Care*, found that women who conceived in winter were more likely to develop gestational diabetes than those who conceived in summer.

The caveat

Researchers looked at meteorological factors, physical activity, diet and intake of vitamin D to try to determine the cause, but the results were unclear. There were also risk factors that could have been collected, says Hope Weiler, a professor at McGill University who holds the Canada Research Chair in Nutrition and Health. "It would be good to know about the weight gain during pregnancy and if it was within the recommended amount," Weiler says.

The take-away

The causes may be unclear, but this study confirms a long-suspected correlation between season and gestational diabetes. Doctors recommend an active lifestyle, balanced diet and maintaining recommended vitamin D levels before conceiving and during pregnancy, and regardless of the season.
—Diana Duong



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YOU NEED THERAPY

Psychotherapy can be as effective as prescription drugs, and a great tool for maintaining good mental health.

But, holy Freud, it's pricey.

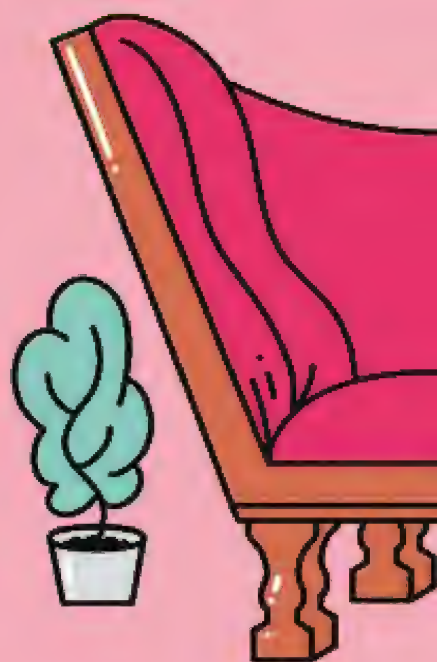
With the stigma around mental illness finally crumbling, advocates have a new goal: a publicly funded path to the couch

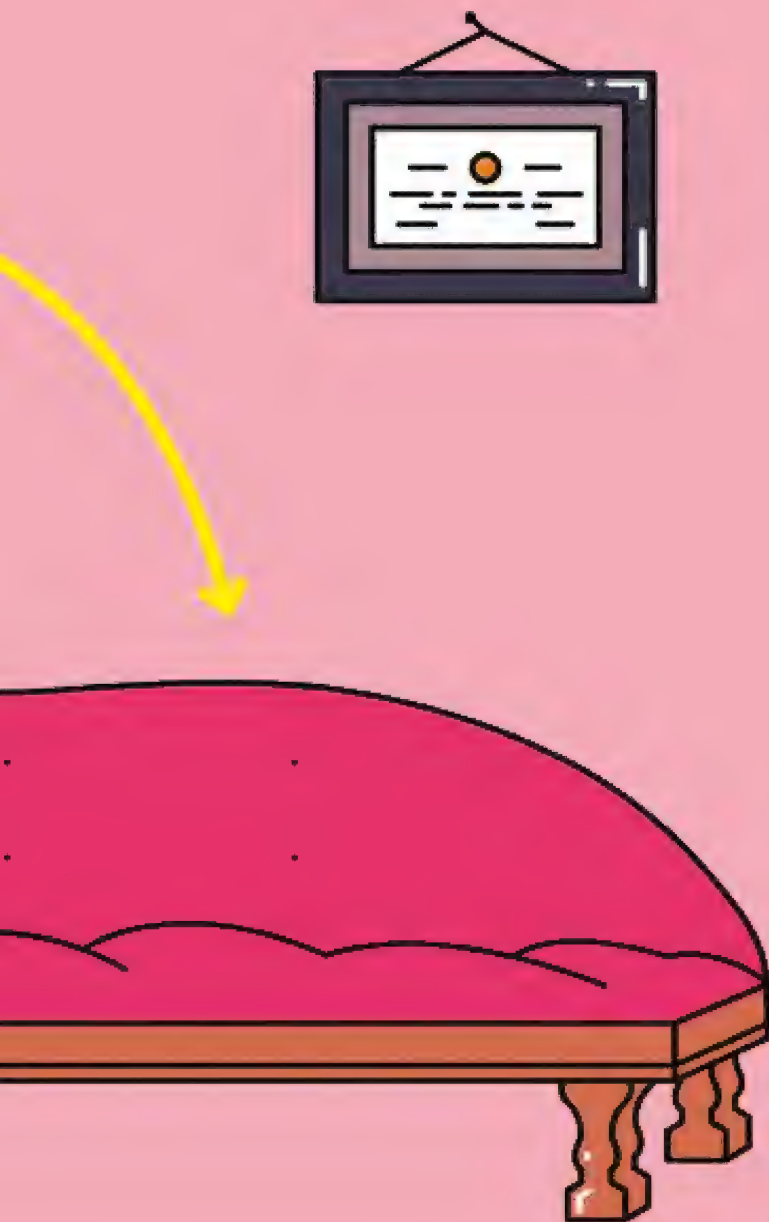
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SAM
ISLAND





Marianne French barely remembers how she got from Red Deer, Alta., to her home in Airdrie, Alta., that night. She knows she pulled over at a gas station to clean the inside of her car and that she stopped on the shoulder to listen to a few songs on the stereo. She recalls that she was sipping from a mickey of vodka, and that she was sometimes driving at high speeds. But French doesn't remember arriving at her home at 4:45 a.m.—eight hours after starting what is typically a 55-minute drive—with a gash in her arm and blood dripping onto her doorstep. Her partner, who spent hours that night worrying and wondering where she was, filled her in on the details after she recovered.

"I didn't care if I lived or died," French says of that dark time, when she was battling post-traumatic stress disorder rooted in the abuse she experienced as a child. On the days her children weren't around, she barely had the strength to climb out of bed.

That night was a tipping point: After years of suffering, French finally sought out a psychotherapist, who's helped her address suppressed memories, change painful patterns of behaviour and return to her job as a commercial painter. In many ways, it was a life-saving medical treatment—but one not covered by a public health care plan. "It's absolutely worth it," French says of the \$130-per-hour sessions. "But we're in debt up to our eyeballs because of it."

According to the Mental Health Commission of Canada, one in five Canadians will face a mental health issue this year.

(*Chatelaine's* own survey of approximately 1,000 Canadian women aged 35–45 found that 34 percent have been officially diagnosed with depression or anxiety.) But despite mounting evidence that psychotherapy—the practice of treating mental illness or distress through intensive conversations—is an effective treatment for trauma, anxiety and depression, it's not covered under any provincial health plan, and most employee benefits plans still include restrictive caps on how much a person can claim, and only for certain types of treatment.

The result, says Dr. Patrick Smith, a clinical psychologist and national CEO of the Canadian Mental Health Association (CMHA), is that people in crisis are often left sitting on long waiting lists for subsidized spots in small-scale programs, forced to pay out of pocket, like French, or never receive care at all. “Therapy is universally recognized as a gold standard of mental health care,” he says. “And it’s mostly unavailable in Canada—unless you can pay for it.”

Indeed, only one in three people who have suffered a mental health issue report having received treatment, according to Statistics Canada figures from 2003. And the effects are wide-reaching: A 2011 Mental Health Commission study estimates that mental illness costs the Canadian economy \$50 billion a year in lost productivity and puts a strain on the overall health care system. “We know therapy is effective in improving recovery from depression, and, in some studies, it’s shown to be as effective as antidepressants,” says Dr. Catherine Zahn, president and CEO of the Centre for Addiction and Mental Health in Toronto. “But people don’t necessarily know these treatments work.”

Nor is it widely recognized just how critical good mental health is to physical well-being. A 2008 CMHA report found that people living with a serious mental illness are at a higher risk of developing a whole host of chronic physical conditions. As the World Health Organization framed it in a statement last year, “There is no health without

mental health.” And yet the system remains overwhelmingly weighted toward dealing with people in crisis, Smith says. “We don’t wait until stage 4 cancer before we start to intervene,” he notes. “So why do we do that with mental health?” Zahn agrees: “Early intervention can prevent bigger problems down the line.”

In recent years, advocates have launched campaigns to help break down issues of stigma; now they’re turning toward access, wanting to widen the scope of funded care. And slowly, but surely, there are signs of a shift. “Therapy is not a frill,” says Zahn. “In the same way we have covered other interventions for non-psychiatric illnesses, therapy should be covered as well.”



Corporations are slowing waking up to the idea that fostering mental health results in a more productive, less absent, workforce. JM Lavoie, assistant vice-president of Sun Life Financial’s group benefits product development team, notes that some employers are increasing the amount of therapy covered per year, for a broader range of treatment. (Most basic plans process claims only from a psychologist or social worker.)

And in October, Starbucks Canada made headlines for announcing it will cover \$5,000 of therapy each year for full-time employees—up from \$400. The company was widely lauded for supporting the mental well-being of its employees. But to Smith, it was a reminder of

how the system has failed. "While that's a good news story, it's an extremely damning assessment of our universal health care system," he says.

Over the past year, Smith, Zahn and their colleagues at the Mental Health Commission of Canada have been lobbying the federal government to include publicly funded psychotherapy in Canada's new Health Accord, which is due to be announced in the first half of the year. And in an open letter addressed to provincial health ministers in November, Zahn, Smith and Mental Health Commission of Canada president and CEO Louise Bradley said that while every province has a mental health strategy, "the time for strategies is long gone—it's time for action." They want targeted mental health funding tied to measurable outcomes. They want investment in prevention and access to early intervention. And they are pushing for a commitment to publicly funded "structured psychotherapy," which includes cognitive-behavioural therapy, proven to be particularly helpful to people suffering from depression or anxiety. "Without an infusion of new dollars, help for mental illness will remain a privilege, well outside the grasp of some of the most vulnerable populations," the letter reads.

Zahn, who's been at the forefront of this battle for years, says she's encouraged by the response. "The signals we're getting are that this is something they're seriously thinking about." Federal Health Minister Jane Philpott has said she is "very committed" to improving mental health care for Canadians.

For those fighting for change, it can't come soon enough: Canada lags behind other developed countries, with only 7 percent of federal health care funding dedicated to mental health. "We're about a decade behind other countries like Britain, Australia, Japan and Scandinavia" when it comes to providing publicly funded psychotherapy, says Dr. Saadia Hameed, a general practitioner in London, Ont., and an assistant professor at Western University, who also researches access

to psychotherapy. In Canada, Quebec is farther along than any other province in studying the issue. A 2015 report from an independent science-based health agency, the Institut national d'excellence en santé et en services sociaux, concluded that therapy is as effective as prescription drugs in treating depression and anxiety, and can even keep people from relapsing. But the government hasn't yet rolled out a plan, likely because of the hefty price tag, says Rita Cavaliere of the Montreal-based group Coalition for Access to Psychotherapy. She says it would take an investment of at least \$200 million to get a program like this off the ground in Quebec.

In addition to publicly funded care, access could be improved by adding

psychotherapists, social workers, psychologists or counsellors trained in psychotherapy to pre-existing family health teams, says Hameed. "Individuals who have the experience of mental illness, despite all the advances through various anti-stigma campaigns, are still concerned about prejudice and discrimination they might bear if [their condition] were known," Zahn adds.

It's hard enough for a person to acknowledge he or she might benefit from help. But as this stigma against mental health conditions begins to wane, it's important to have an accessible system in place. "It's not like we don't know what we need to do," Smith says. "We know what we need. Now we need to offer it in our health care system."

FIELD GUIDE

Analyze this

What you need to know about three common therapies before booking your first session



COUPLES THERAPY

You're both to blame.

"Couples can get caught in negative interactional patterns. Any move a person makes in stressful times in their relationship shapes their partner's context. It's about getting that conflict to decrease, helping patients tune in to how they feel, deep down, in moments of disconnection, and building up a more caring response."

—Dr. Richard Harrison, therapist, Vancouver Couple & Family Institute



PSYCHODYNAMIC THERAPY

Your childhood is to blame.

"The most basic things we learn in our lives happen early on and can carry into our adult lives. Usually the reasons for our current behaviour are not conscious. The psychodynamic approach tries to figure out the past behind the present."

—Dr. Vera Bekes, psychologist, Blake Psychology, Montreal



COGNITIVE-BEHAVIOURAL THERAPY

Your mind is to blame.

"CBT is a form of talk therapy that includes tracking moods and behavioural components—so instead of staying home with your head under the covers, you're purposely going outside, exercising, socializing or doing anything you know naturally helps to improve your outlook."

—Dr. Elenora Denisoff, director, CBT Associates, Toronto

THE DETAILED, NOT ENTIRELY MOROSE STORY OF WHY I WILL BE IN THERAPY FOR THE REST OF MY LIFE

BY KATIE UNDERWOOD

Winston Churchill famously described depression as “a black dog” that followed him wherever he went. Sarah Silverman, a public figure more my speed, likened the feeling to constant homesickness, “but I’m home.” I—a non-famous neurotic—have never felt similarly compelled to search for a poetic sentiment to capture the blistering, tamped-down anxiety I have felt more often than not, going back to first grade. It didn’t feel worth talking about.

And then I found myself in the ER, convulsing in a small, windowless room. I was there because I wanted to die. I thought about writing that another way—or couching it in an oblique metaphor. But there are few feelings less subtle than the sensation that you can no longer imitate a person who is “fine,” or one who likes herself and imagines a future after age 25.

The antecedents to my nervous breakdown aren’t particularly novel or exciting (a spirited mix of genetics, parental divorce, English repression and codependency), but one day, the full weight of all that baggage washed over me like a white-hot dread. I no longer trusted myself. My friend met me in the hospital and held my hand until my turn came. She set me up on her couch when—after shocking myself with a command performance as a functioning adult—the attending doctor cleared me for release.

In the ensuing weeks, I found the woman I’d soon cheekily refer to as my “spirit guide” on a therapist database. Sure, she used the word *journey* too many times for my liking, but narrowly evading suicide left me too exhausted to nitpick.

Anne was a sweet-voiced pixie-woman armed with a giant traveller of herbal tea and an impossibly large scarf. She asked me to draw my immediate family,

then scrutinized the relative distance between Cartoon Me and my Cartoon Dad. To say I was skeptical is an understatement. How was Anne going to shoulder my massive psychic burden when she looked to be drowning in her very own knitwear?

One of the fundamental misunderstandings of therapy is that a perfect stranger is going to somehow Rubik’s Cube your life into something worth living. I learned, painstakingly, that the patient does the heavy lifting: I heave-cried my way through repeated simulated conversations with my inner child. I off-loaded my grievances, big and small, into what Anne called the “Magic Box.” I army-crawled through the muck. Six months in, I could finally articulate the doubts that plagued me. *I don’t know how I should feel. I don’t know how to let myself be loved. I don’t know how to let myself be at all.* In those brutal hours, life began to look like something I might be interested in trying again.

I’m better, but I’m not “cured.” I sometimes feel that familiar twinge—the onset of panic; the worry that I’m not enough. The difference is, now I know that “being okay” is the work of my life. So I will continue to email Anne. I will throw \$125 into the ether. I will ready my itemized list of issues to place in the Magic Box. I will ask for a 7:30 p.m. time slot.



How to say ‘I’m done here’

“Don’t just stop going to therapy. Say to your therapist, ‘I’m feeling good, my life is better now, so it’s time for me to put energy into something else.’ I like to review where we’ve been and how that’s felt, what was helpful and not helpful, and do a debrief of the journey. That feels like a successful way to bring it to a close.”

—Christina Becker,
Jungian analyst and
president of the
Ontario Society of
Psychotherapists



REGRESSION The act of returning to an earlier stage of behaviour or physical development when going through a challenging time.



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- 360 ml bottled or filtered water

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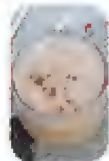
Lemon Drop

- 8 Tbsp Almased
- 360 ml water
- 2½ tsp lemon extract
- 1 tsp flaxseed or walnut oil
- 1 tsp stevia (optional)



Chocolate Hazelnut Delight

- 8 Tbsp Almased
- 360 ml almond milk, unsweetened
- 1 Tbsp cocoa powder, unsweetened
- 1 tsp hazelnut extract
- 1 tsp flaxseeds, ground
- 1 tsp stevia (optional)



Savory Veggie Shake

- 8 Tbsp Almased
- 240 ml water
- 120 ml vegetable or tomato juice
- Hot sauce if desired



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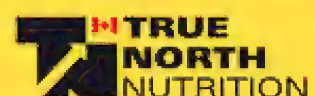
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REPRODUCTIVE HEALTH

The doctor said, “You don’t have a uterus”

Chloe* was 22 years old when she was diagnosed with MRKH syndrome. She finally understood why she never got her period, and was forced to contemplate the future. Years later, she reflects on the effect it’s had on her life

As told to KALLI ANDERSON Photography REYNARD LI



I was 16 and hadn’t yet started my period. When I told this to my doctor, he referred me to a gynecologist, who sent me for an ultrasound—but I never went back for the follow-up appointment and the doctor never called. My mom was unaware of all of it, so she wasn’t asking me how it turned out. I just put the whole thing out of my mind. Instead of acknowledging that it was potentially this big, scary thing, it was easier to tell myself, “No, this is awesome—I’m just a lucky person who doesn’t have a period. I don’t have to buy tampons!”

I had a very conservative upbringing and, at the time, I wasn’t having sex. This continued through university, so it was easy to never think about why I wasn’t having a period and to ignore anything to do with my vagina.

When I was 22, I went back to my hometown and saw my old doctor, who looked through my chart, with the results of that first ultrasound I’d had at 16, and casually said, “Oh, right. You don’t have a uterus.” He assumed I knew. I was freaked out, but I just let it pass and didn’t say anything. I didn’t want to make the doctor feel bad. It felt easier to just pretend that I was in the know.

I went to see a gynecologist who did a pelvic exam and found that I also have almost no vaginal canal—it’s only about a centimetre and a half long. She diagnosed me with Mayer-Rokitansky-Kuster-Hauser syndrome, otherwise known as MRKH (meaning the uterus and/or vaginal canal is either absent or underdeveloped). About one in every 5,000 female babies is born with MRKH. The gynecologist had never seen a case in person. She was so excited, she actually clapped her hands. I just lay there, traumatized.

I went to a specialist who confirmed the diagnosis and told me that with the uterus, there’s basically nothing they can do. There have been some experimental uterine transplants, but the first one in the United States was performed only this year, and it’s never been done in Canada. I have ovaries and eggs, so if I end up wanting a biological child, surrogacy could be an option, if I can afford it.

Since my diagnosis a few years ago, I haven’t told many people—only a couple of close friends. Even my roommate

doesn't know. It just rarely seems like a good time to bring it up. But it's hard because, among women, uteruses and periods come up more than you'd think. I feel like I missed out on a lot of those female bonding moments. I didn't have those "firsts" or common experiences — getting your period, having sex for the first time, a pregnancy scare. Cramps, bloating, it's all lost on me. And I don't know what to say in those conversations. I generally just nod along.

It's like when you're young and your friends are kissing boys for the first time and you don't want them to know you haven't done that yet. You don't want to fabricate a whole story, but you want to make it seem like you know what they're talking about. It's like that for me every day in what should be really normal conversations with friends. And then there's this guilt, because I feel like I'm lying to people all the time.

Women with MRKH can opt for surgery to build a vagina using other tissue, but some doctors recommend trying dilation first. They give you these graduated sizes of, essentially, hard plastic dildos to help stretch your vagina. For some people, it takes a few months of daily stretching. For others, it takes years.

When my doctor first gave me the dilators, I just put them away and ignored them, since I still wasn't sexually active. I just didn't feel ready. But I recently started trying them for 20 minutes every day. At the beginning, it was really painful, like a burning sensation. It hurts less each time, but it's emotionally draining. I resent that I have to do it. It makes me angry that I have to build this normal, private part of my own body.

The dilation process is hard to talk about with anyone. It's a big struggle in my life right now, but it's weird to say, "So, yeah, it really sucks because I'm so

tired, but I have to go sit for half an hour and try to stretch out my vagina." It feels so isolating. But I'd like to get to a point where it isn't obvious to a future partner that my vagina is any different.

I've let go of my more rigid conservative beliefs, and I've gone on a few dates in the past couple of years, but never on a second date, partly because I don't know what I would do if I started dating someone and it was progressing physically.

At what point do I bring this up? There's no rule book for how to tell someone about this. And I have the dual issue of being a virgin well into my 20s, which is awkward enough on its own, and dealing with this other question: Physically, how is this going to work?

Lots of people can't have biological kids. I know I'm not alone in that. But I just want to be able to date casually. I want to feel normal, and I think dating will be a big part of that. ©

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This is 40ish

The secret lives of Canadian women

photography JENNIFER ROBERTS

emoji illustrations MARCO GORAN



Last year, *Chatelaine* asked 1,000 Canadian women on both sides of 40 a bunch of nosy questions – about love, romance, work, health, money and ambition. It was pretty revealing stuff, but this time around, we wanted to dig a little deeper. So we gathered slightly more of you – 1,029 women, to be exact – and asked about your sex drive and covert spending. We wanted to know what made you feel super-stressed as a partner and super-guilty as a parent. We poked into your fantasies (the racy ones and the burn-this-job-to-the-ground ones). We even asked about pimple popping.

We'll be honest: A few of our eyebrows shot up at the results. Come on, nearly half of you have never faked an orgasm? Ninety percent of you wash your bras every week? David Coletto, CEO of Abacus Data, the polling firm we recruited, says that a bit of fudging is to be expected, even in an anonymous survey – and that mostly, when we're lying, we're lying to ourselves. "There are certain expectations that society has, especially around personal hygiene," he says. "And no one likes admitting not following that to a T."

Other answers felt right on the money: that we endlessly compare our bodies with those of women we know; that we have plenty of judgment for how people raise their children; that we fret a ton about getting older but refuse to lie about our age. "That's the value of doing this research," Coletto says. "We all engage in this behaviour, but it's interesting to see the extent to which others do it as well." Not only interesting – it's comforting too. So for a very intimate (and pretty reassuring) glimpse of life at 40ish, read on. →



CHAPTER 1

Sex & love

IN BRIEF • 75% are still attracted to their partners
67% have kids / 14% have been divorced

60 percent of women in relationships fantasize about being single again. And 26 percent say that in the past year, they've been attracted to someone other than their partner.

51 percent of single women love the freedom and 29 percent love the solitude. But 21 percent often feel like their lives are on hold.

40 percent have sex at least once a week.

THE NITTY-GRITTY

Once a day	4%
A few times a week	18%
Once a week	18%
At least once a month	27%
Every few months	12%
Once a year	5%
Not at all	16%

BUT 41 percent suspect other couples have more sex than they do.

AND 63 percent report a mismatched sex drive in their relationships. Of them, 71 percent want less sex than their partner.

WE ASK

Does a woman's sex drive naturally wane?

“It is not the case that those experiencing a lack of interest are all menopausal women. In fact, there's some data that shows it's less a problem for older women than for younger women, who are busy being a parent, working, volunteering in the community, multi-tasking. But I'm always struck by what people perceive as 'normal' in terms of frequency. In reality, people are not

having sex four or five days a week. If you have one or two or three great encounters a month, fantastic! Don't get hung up

DR. LOUI BROTTO
professor of
gynecology
at University
of British
Columbia

The basics

1.
What's your relationship status?



2.
What's your employment status?



3.
Where do you live?



making poor-quality sex happen four times a week."

39 percent have watched pornography to spice up their sex lives. The most popular strategies for spiciness: lingerie (49 percent) and sex toys (48 percent).

OTHER STRATEGIES → getting busy in unusual places; role-playing; threesomes; BDSM; swinging; and making a sex tape (ladies, don't upload that to the cloud).

BUT 41 percent never, ever watch porn. And 63 percent aren't convinced it's morally acceptable to do so.

40 percent of women say having kids diminished the amount of sex they have. 13 percent said having kids killed their sex lives altogether.

25 percent say they've cheated on a partner. And 76 percent of them kept that bit of information to themselves.

WE ASK

Should we fess up to an affair?

“The majority of couples who have experienced affairs stay together. But some of them will merely survive, and others will be able to turn a crisis into an opportunity—they’ll be able to turn this into a generative experience.... Now that the affair is exposed, [the deceived partners] no longer have to uphold the status quo that may not have been working for them that well either. I’ve noticed that a lot of couples in the immediate aftermath of an affair—because of this new disorder that may lead to a new order—will have depths of conversations with honesty and openness that they haven’t had in decades. Partners who were sexually indifferent find themselves suddenly

so lustfully voracious that they don’t know where it’s coming from. Something about the fear of loss will rekindle desire and make way for an entirely new kind of truth.”

ESTHER PEREL

couples therapist and author of Mating in Captivity, from a 2015 TED Talk



52 percent say they never lie to their partners. What do the rest of them lie about?

THE NITTY-GRITTY

Money	60%
Their partner's fashion sense	25%
Sex	23%
Their relationship history	23%

53 percent of women have faked an orgasm. (Yes, that means 47 percent say they've never faked one. Yes, we were suspicious, too.)

SO WE ASKED

Are we really becoming less likely to fake it?

“As we’ve become more open about women’s pleasure, we’ve also started to think of a woman’s orgasm as the natural end of a sexual encounter. But in many cases, satisfaction

and orgasm are not the same thing: Women report feeling perfectly satisfied with the sex they’ve had even without an orgasm. As we get more comfortable with the idea that satisfaction takes many forms, there might not be as much pressure on

women to have an orgasm, and so they won’t feel like they need to fake it in order to make their partners feel good or bring an end to the encounter.”

SARAH BARMAN
author of Closer: Notes from the Orgasmic Frontier of Female Sexuality

55 percent of women masturbate at least once a month. 23 percent of them don’t masturbate at all.

Is marriage forever? 70 percent of women say yes; 30 percent

of them think it's for "the foreseeable future."

WE ASK

Do we care all that much about marriage anymore?

Few celebrity sound bites have drawn more ire than "conscious uncoupling," that New Agey term Gwyneth Paltrow used to frame her 2014 split from Chris Martin. Even Paltrow later rejected the divorce mantra as "goofy." But her emphasis on enlightened co-parenting spoke to a broader cultural pivot toward friendly divorce for the sake of the modern family's star players: kids.

The role of children as tiny, soccer-practising overlords is a relatively new phenomenon—for eons, they were treated more like chattel, at least until turn-of-the-20th-century child-labour laws put an end to that racket. "Kids became these vulnerable, priceless creatures rather than economic assets in the family," said Jennifer Senior, author of 2014's *All Joy and No Fun: The Paradox of Modern Parenthood*, to NPR host Terry Gross in February 2014. "And ever since then, steadily and surely, they have become these exalted creatures at the centre of our lives."

It's an exaltation we once reserved for marriage, a rite that conveniently used to max out with our 50-year lifespans. But this is an age when Canada's divorce rate is nearly a coin toss (41 percent), and *Chatelaine's* own results reveal that a healthy share of women surveyed view the marriage contract as for now, not forever. So who are we to judge when a marriage ends? Well, increasingly, we aren't: 86 percent of respondents say they rarely or never scorn people who get divorced. And more and more, the institution itself isn't considered a necessary precursor to children: 89 percent of our respondents rarely or never judge parents who have kids out of wedlock.

Not much lasts forever, so it makes sense that parenting can now exist separately from marriage. Our kids remain, as Senior puts it, "the last binding obligation in a culture that asks for almost no other permanent commitments at all." — **Katie Underwood**

79%
of the 34 women who took part in our photo shoot say that Justin Trudeau is attractive.



29%
believe it's flat-out wrong to objectify our prime minister. Nearly half the women were just fine with it, and the rest hedged.



49 percent find Prime Minister Justin Trudeau attractive.

BUT WE GOTTA ASK

Is it okay to objectify our prime minister?

“I think that as women, we have this sense that it's our turn to objectify people, because we're so used to being objectified all the time. But if I were to put on my social justice hat, I would probably say, No, I don't think it's really great that we objectify him. But then there's another part of me that says, Hey, we have a prime minister who's nice to look at. So that's a challenging question.” — **Samantha, 36**



CHAPTER 2

Home & work

IN BRIEF • 56% have a college or university degree

41% comb through their bills carefully / 61% own a house

Half of women feel ashamed about the amount of screen time their kids get. 20 percent worry they give their children too much sugar, and 21 percent stress about the amount of fast food.

42 percent have bought something and hid it from their partner.

WE ASK

Why do you do that?

“I started lying about my shopping habits in my 20s, after I got married and my money became ‘our’ money. I don’t care about spending, whereas he’s always worried about that rainy day. It’s caused problems. But I love shoes. When my husband would ask me about the \$100 charge coming in from Nine West every week, I told him I was taking clients out to lunch. I managed to pass off the store as a restaurant for three years, until someone at work joked in front of him about Nine West’s fillet of sole. I had to come clean. My husband wasn’t overly happy. I still buy shoes, but I don’t wear a lot of them in front of him. I probably have 15 pairs that I hide at work.” — Jo-Anne, 45

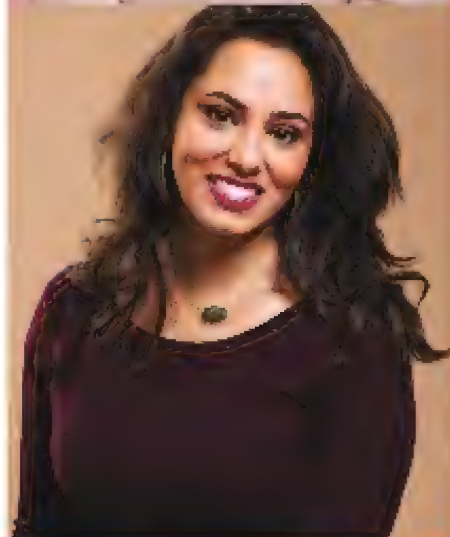
IN FACT 83 percent say money causes tension in their relationship, and for 39 percent, money is the greatest source of stress.

WE ASK

Can we get better at dealing with our money hang-ups?

No one likes talking about money: It can feel tacky and taboo, even in the comfort of a long-term relationship. Or maybe especially in the comfort of a long-term relationship, since more than a quarter of the women in our survey regularly lie to their partners about their finances.

Love and cash are such a fraught combination, in fact, that a 2013 Kansas State University study of more than 4,500 couples pinpointed



arguments over money as by far the top predictor of divorce—yep, even more than fights about sex or in-laws. That was true regardless of income level; money brawls also lasted longer and included “harsher language” than other ones. No surprise, then, that 39 percent of our respondents say that money is the greatest source of stress in their relationship, causing significantly more conflict than sex, parenting,



59%

of the women in our photo shoot have been kept up at night by worries about money and work.

division of household labour or finding quality time together.

How can couples foster healthy relationship habits around cash? For starters, abandon the idea that one of you "sucks with money," says Shannon Simmons, a Toronto-based financial planner. That's toxic rhetoric that she says absolves heavy spenders of responsibility and saddles their sweeties with all the money woes. And you'll need to divulge your respective financial histories. "Go over what you each make immediately," she says. "Like numerical details—is it \$50,000 or \$60,000? And do you get a bonus?" Be real about budgeting habits, financial goals and debt (especially the credit card kind), since "you need to make sure you're on the same financial wavelength." If all else fails, go the mediation route; Simmons says that hiring a third-party financial planner can "take the heat off."

Yes, unpacking your financial hang-ups sucks, but even in an age of separate chequing accounts, money issues should be among religious beliefs and weird sexual preferences in the canon of Things Couples Speak Frankly about Whether They Like It or Not. The alternative — keeping personal-finance matters *too* personal — signals a gross lack of trust. And that's relationship suicide.

— Katie Underwood


While having more authority, more flexibility, more challenges and more creativity would all be great, 44 percent say that more money is the biggest thing they want in their jobs.

Workload causes the most anxiety on the job, stressing out 27 percent of women.

What else sucks?

THE NITTY-GRITTY	
Meeting expectations	22%
Office culture	16%
My boss	14%
Multi-tasking	10%
Deadlines	8%
Email	3%

40 percent make as much as or more than their partners.

Women confess to spending more cash than they should on clothes, coffee, booze and the spa. But 42 percent blow too much money on eating out. 

85 percent would never spend more than \$200 on a pair of shoes.

23 percent have slept with someone from work.

54 percent fantasize about quitting their jobs at least once a month. 16 percent fantasize about walking out every day.

SO WE ASKED


When are you just overwhelmed — and when do you really need to quit?

“I’ve seen a lot of women experience what I call career chafe, which is when your health is being eroded, your relationships suffer and there’s a real decline in your self-confidence. If your job doesn’t provide you with regular evidence of how awesome you are, it’s time to find another one. But we can all have those Sunday-night dreads. And our fantasies about quitting hold important clues about what career improvements we need. If you fantasize about being your own boss, what’s the attraction there? Is it more spontaneity or autonomy? Is it being the expert? Look below the surface for what

you really want and see if you can make adjustments in the career you already have.”

HEATHER PETHERICK
career coach in
Lethbridge, Alta.

63 percent describe their houses as tidy (but not spotless).

AND 73 percent do the majority of the cleaning. 

45 percent of women totally poop in front of their partners.

WE ASK

Um, explain.

“I have two kids who will not poop in public and hold it until they get home—it’s a battle for the bathroom

almost every night. Sometimes the only time I actually get to talk to my husband is in the bathroom, since our schedules are so busy. It probably drives him nuts, but it doesn’t embarrass me in the least. We’ve been together for 18 years. I don’t have much to hide.” — Erin, 37

51 percent say they’re always upfront about what they do at home alone. What do the other 49 percent get up to?

THE NITTY-GRITTY	
Binge eat	43%
Look at porn	33%
Watch garbage TV	31%
Drink	20%
Smoke pot	10%

85 percent have never been to couples counselling.

BUT 44 percent admit they occasionally or often think about whether other couples are happier than they are.

WE ASK

How can we stop measuring ourselves against other couples?

“When you see beautiful pictures on Instagram and Facebook of people’s vacation sunsets and romantic evenings, you can easily feel like you’re missing out. But, number 1, you don’t know how much of that is real. And, number 2, it may distract you from appreciating other ways of showing love — someone fixing the garbage disposal, or getting winter tires for the car. Sure, it’s not a Hallmark moment. It probably doesn’t photograph as well.

We have to stop trying for someone else’s idea of happiness at the expense of our own.”

SARAH BENNETT
co-author of
F*ck Feelings

44 percent lie occasionally or often to get out of social engagements.

GO-TO LIES INCLUDE → “I’m sick,” “My kids are sick,” “I couldn’t get a babysitter” and “I’m swamped with work.” (Some women don’t lie and boldly say, “I don’t want to go.”)

CHAPTER 3

Health & body

IN BRIEF 47% have used sleep aids / 45% would use medical marijuana / 38% have seen a therapist

52 percent of women feel they need to lose at least 20 pounds.

AND 51 percent occasionally compare their bodies with the bodies of women they know. 34 percent do it constantly.

WE NEED TO ASK

How can we stop this, already?

“There’s this false perception that somehow, as women age, they grow out of their body-image issues,” says Dr. Shelly Russell-Mayhew, counseling psychologist and associate professor at the University of Calgary. There’s no age limit to feeling terrible about the skin we live in—and not just when some hot young thing is strutting around in a commercial, but because your best friend got a facial and eight straight hours of sleep and she looks amazing. When we size ourselves up against other women, we’re engaging in something called social comparison theory, determining our self-worth based on the yardstick of someone else’s attractiveness or wealth or success. There’s no objective measurement here; it’s all in our heads.

But here’s the thing: Our heads can also get us out of this mess, since when it comes to mental well-being, believing yourself to be fat is more harmful than actual obesity. “Weight is just your relationship with gravity,” Russell-Mayhew says. “There are more important measures of physical health, like your blood profile or lipids. And in a number of studies, when people say, ‘I think my size is just right,’ regardless of weight status, they have better psychological health.” So instead of spending a bunch of energy wishing for slim hips like Susan’s in accounting, channel that energy into doing something that makes you feel good, like after-work yoga or eating a doughnut just because you want to. No apologies—and no side-eye to see if Susan’s snacking too. —Sarah Boesveld



15 percent let their pubic hair do its own thing.

The rest groom.

THE NITTY-GRITTY

Trim	27%
Shave	56%
Bikini wax	9%
Brazilian	7%



29 percent don’t see their family doctor as much as they should.

65 percent have struggled with depression or anxiety. Of these, 52 percent had their condition officially diagnosed; 48 percent are self-diagnosed.

WE ASK

Can self-diagnosis still do the trick?

“Compared with five or 10 years ago, there are so many credible online

resources now for people to self-manage mental health, especially with mild to moderate symptoms. We can detect changes in our own moods, and self-care approaches—a solid diet, or hobbies we like—are often our first lines of defence. We’re absolutely our own experts; we know ourselves best. But we’re not the most *objective* experts. And if the symptoms become severe, that’s when we need the assistance of a professional. My clients are smart, educated women, but I see many of them say, ‘I thought I was just tired, I had a kid, I wasn’t getting enough sleep—but I look back now and I realize it was depression.’”

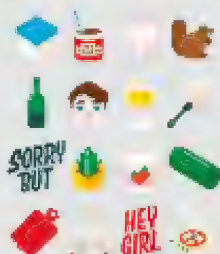
DR. JOTI SAMRA
registered psychologist

Biggest health concern? For 25 percent of women, it’s cancer.



Like our emoji?

There are lady emoji for cops and surfers, and there's that glass of wine, but *Chatelaine* brings you the emoji you really need: a pint of ice cream, some comfy, high-waisted underwear and a bottle of wine. We've also got a whole pizza, a yoga mat, Justin Trudeau and more. Find them in the App Store. Install now and text better.



Methodology

Our survey was conducted online with 1,029 women between 35 and 45 in Canada, August 19–22, 2016. A random sample of panellists were invited to complete the survey from a large representative panel of Canadians, recruited and managed by Research Now, one of the world's leading providers of online research samples.

The Marketing Research and Intelligence Association policy limits statements about margins of sampling error for most online surveys. The margin of error for a comparable probability-based random sample of the same size is $\pm 3.1\%$, 19 times out of 20, for each province's sample. The data were weighted according to census data to ensure that the sample matched Canada's according to age, gender, educational attainment and region. Totals may not add up to 100 due to rounding.

88 percent spend half an hour or less getting ready in the morning.

THE NITTY-GRITTY

5 minutes	14%
10–15 minutes	41%
30 minutes	33%
An hour	10%
More than an hour	3%

What do we get up to in the bathroom mirror? 57 percent pop pimples. Only 28 percent floss every day.

When it comes to undies, 89 percent opt for comfy over sexy.

AND 90 percent washed their bras sometime in the past week.

73 percent have no interest in Botox. But 80 percent worry about getting old.

WE ASK

What do you worry about?

“We have this quote hanging in our house that says, ‘We don’t stop playing because we get old, we get old because we stop playing.’ I feel like that’s important. But I went through a large part of my life before 40 where I thought, Oh, not being able to do things, not feeling my best—that’s a long way away. And then there comes that point where you recognize that it’s not just your parents who get old, it’s you, too. I don’t worry about looking my age: I probably have more wrinkles than my friends, and I’m okay with that. But I have two stepkids who are 10 and eight, and a two-year-old son, and I want to keep up.” — Chantal, 40

STILL 92 percent of women refuse to lie about their age.



Good for you



You could have had a muffin and morning coffee. **But instead, you made a healthy smoothie with your Vitamix blender** that you found at The Shopping Channel. Discover a healthier you.



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We layered semi-sweet
chocolate inside and
drizzled milk chocolate on top,
but any combo works.

Sweet hearts

These decadent Chocolate-Almond
Cretzels are the love child of croissants
and pretzels—and are so easy to prepare
using frozen all-butter puff pastry.

For the recipe, turn the page.



RECIPE

Chocolate-Almond Cretzels

Prep 15 min Total 55 min

Preheat oven to 425F and line a baking sheet with parchment. Unroll 1 thawed sheet of a 450-g pkg of **butter puff pastry** on a cutting board and cut crosswise into 8 even strips. Beat 1 egg with 1 tsp water in a bowl, then brush over 4 of the strips. Sprinkle 1 tbsp **mini chocolate chips** down centre of brushed strips. Cover with remaining strips, pressing down. Twist each into a 14-in.-long rope. Form into heart-shaped pretzels, pinching bottoms to create a point on prepared sheet. Repeat with remaining puff pastry sheet, then brush with more egg wash. Bake until golden, about 20 min. Let cool slightly, 5 min. Microwave $\frac{3}{4}$ cup chopped **milk chocolate** in a microwave-safe bowl, stirring halfway, 30 to 60 sec. Drizzle cretzel with chocolate and sprinkle with $\frac{1}{4}$ cup toasted **sliced almonds**. Let cool completely. Dust with **icing sugar** and drizzle with more **chocolate**. *Makes 8.*

TRY THIS Cocoa nation

Canada's artisanal chocolate makers are winning big international prizes



1. Porcelana 70%, \$18, **Soma Chocolatemaker**, Toronto. 2. Guatemala Bar, \$9, **Sirene Artisan Chocolate Makers**, Victoria. 3. Honey Rosemary, \$5, **Violet Chocolate Company**, Edmonton.
4. Hispaniola 70%, \$8, **Hummingbird Chocolate Maker**, Almonte, Ontario. 5. Roasted white chocolate with honey, \$12, **David H. Chow Chocolates & Confections**, Toronto. 6. Wild Harvest Bolivie, \$10, **Palette de Bine**, Mont-Tremblant, Que. 7. Pumpkin Chai, \$5, **Violet Chocolate Company**, Edmonton.

6.4 kilograms

CHOCOLATE CONSUMED BY CANADIANS PER YEAR, WHICH IS ABOUT 160 BARS PER PERSON. THAT'S NOTHING COMPARED WITH THE SWISS, AT 11 KG PER YEAR. PER YEAR.



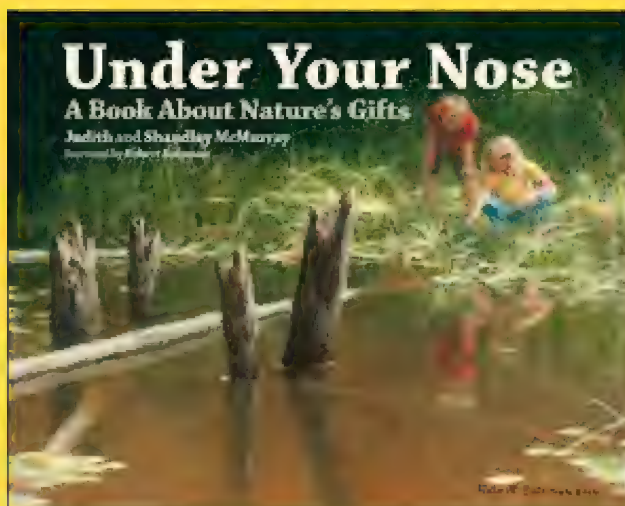
Mix and mingle

These unusual pairings go great with dark chocolate

1. **EXTRA-VIRGIN OLIVE OIL** Drizzle it over toasted bread, then sprinkle with shaved dark chocolate and flaky Maldon sea salt.
2. **BLUE CHEESE** Crumble it over potato chips and finish with grated dark chocolate.
3. **BACON** Spoon melted dark chocolate over crisp slices.
4. **STOUT** Serve with a hunk of dark chocolate.
5. **CHILIES** Pair with dark chocolate and chicken for a sweet and spicy mole, the classic Mexican dish.

This season, you can give kids books
that highlight wildlife conservation —
in stories they'll relate to

*And your purchase will support wildlife through
the Canadian Wildlife Foundation and the Bateman Foundation*



UNDER YOUR NOSE

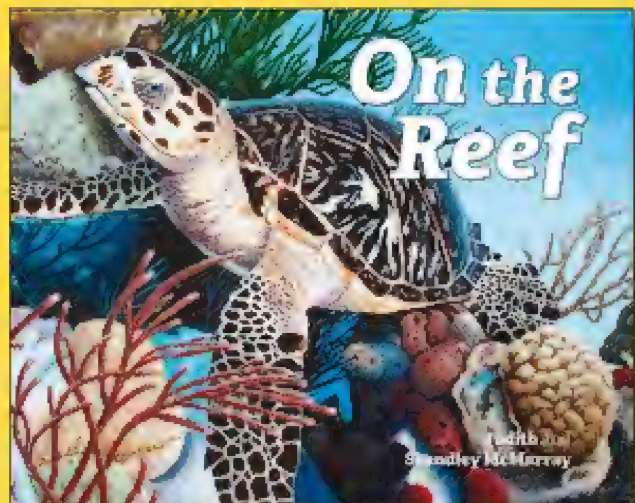
*A Book About
Nature's Gifts*

In an "unplugged" week outside the city, two kids discover that adventures with wildlife outdoors have much more to offer.

ON THE REEF

*A Tale of Adventure
and Discovery*

Chloe and Zachary are back, this time on a winter trip to the ocean. Snorkelling on the reef they see, and save, a hawksbill sea turtle in trouble.



Each book is written by Judith and Shandley McMurray and beautifully illustrated by a group of painters known as the Tobin Island Artists. Proceeds go to the Canadian Wildlife Foundation and the Bateman Foundation.

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UDON
SOUP
PB4

PHOTOGRAPHY ROBERTO CARUSO FOOD STYLING MICHAEL ELLIOTT
PROP STYLING RAYNA SCHWARTZ

SOUP IT UP!

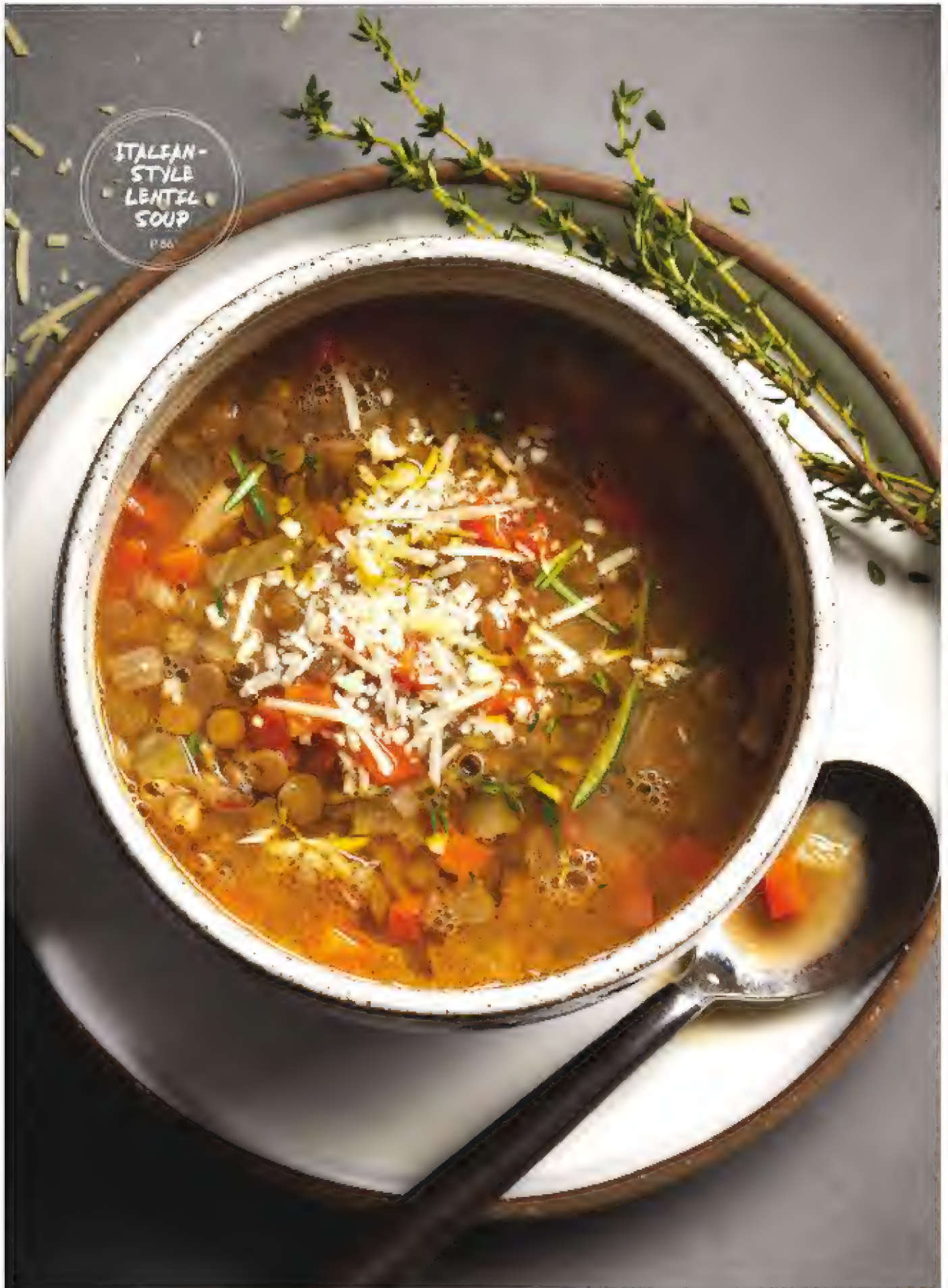
Celebrate warm food and sweater season with these hearty, colourful bowls — they're pure comfort on a wintry day



The flavors develop
and improve over time;
make this soup in
three days ahead.

**BEEF &
BEET
BORSCHT**

P 84

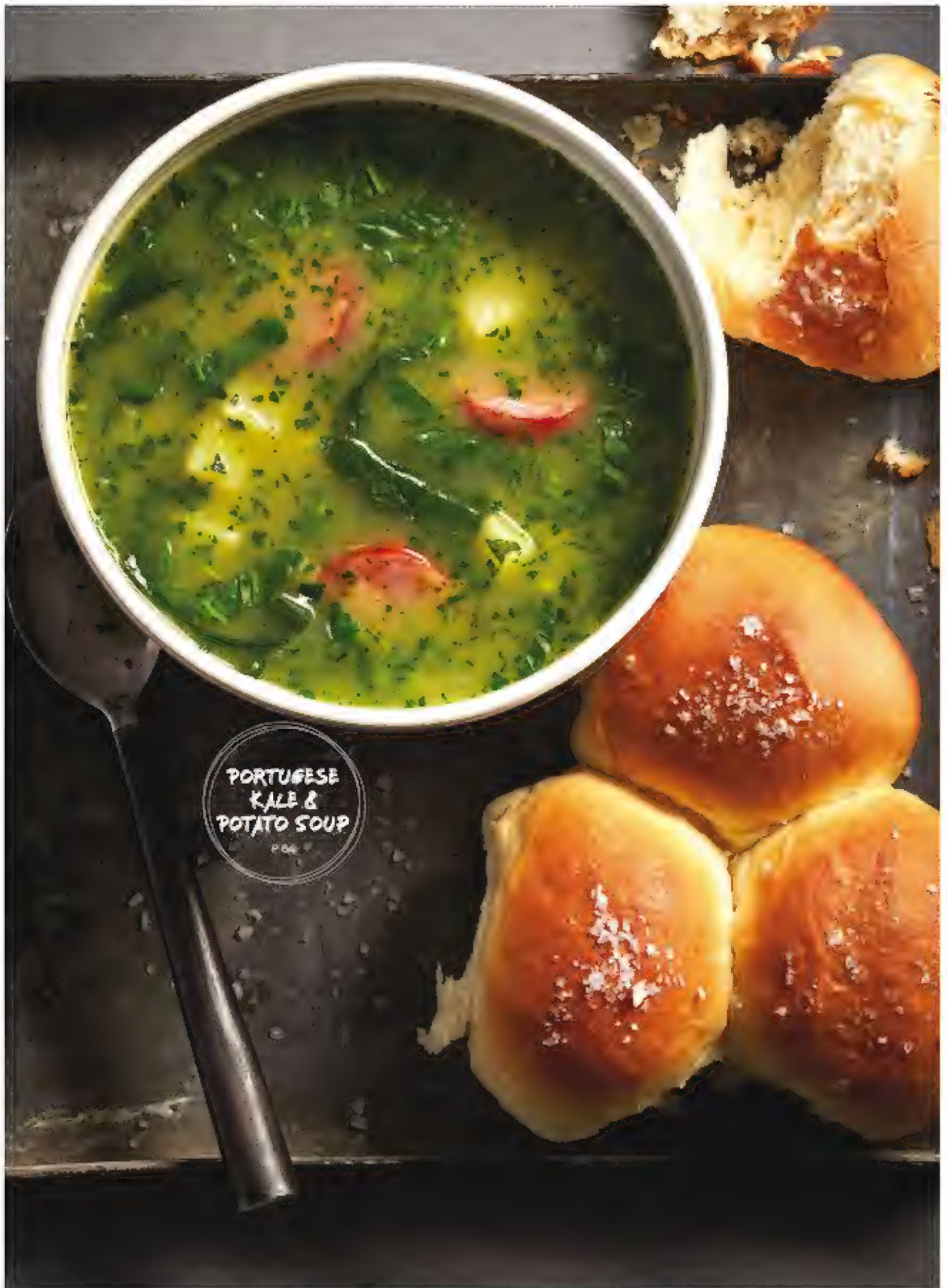




**FILIPINO
SOUR SALMON
SOUP**

P 86

Tamarind paste is typically used to deliver the soup's quintessential sour flavour, but white vinegar also works great (and is easy to source).

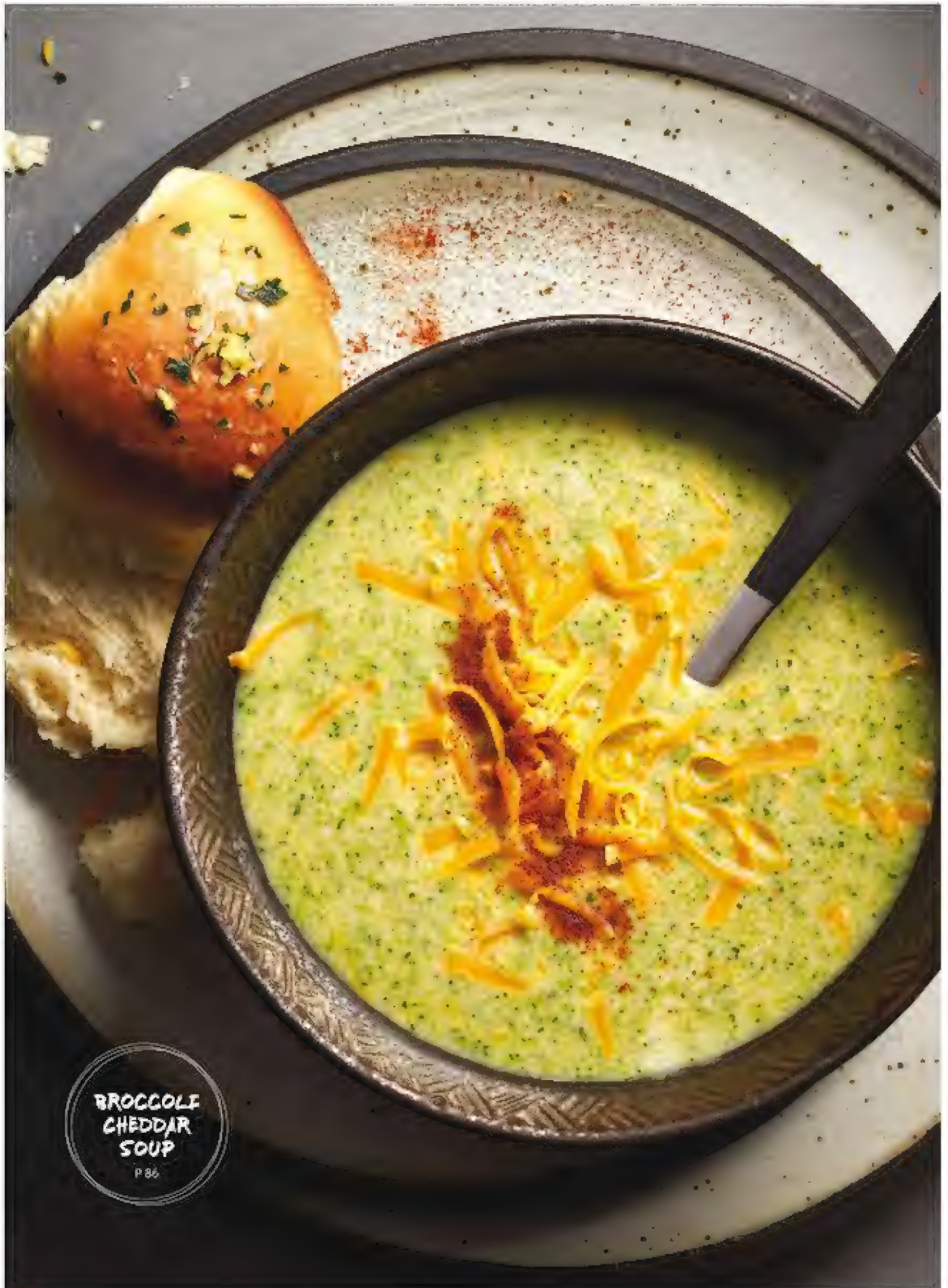


PORTUGUESE
KALE &
POTATO SOUP
P. 66



THAI SWEET
POTATO RED
CURRY SOUP

P 86



**BROCCOLI
CHEDDAR
SOUP**
P 86

Udon Soup

Serves 4

Prep 20 min; **total** 35 min

- 460-g pkg frozen udon noodles
- 8 cups no-salt chicken broth
- 8 large shiitake mushrooms, stems discarded, thinly sliced
- 4 skinless, boneless chicken thighs
- 3 tbsp sodium-reduced soy sauce
- 2 tbsp mirin
- 4 small kale leaves, left whole
- 3-in. piece Japanese fish cake, thinly sliced (optional, see Kitchen Tip)
- 3 green onions, thinly sliced
- 1 nori sheet, cut into 12 pieces
- kimchee (optional)
- bonito flakes (optional)
- 4 6-min-cooked eggs (see Kitchen Tip)

1. Rinse noodles in cold water to thaw. Drain and divide among bowls.
 2. Boil broth, mushrooms, chicken, soy and mirin in a large pot over medium-high. Reduce heat and simmer until chicken is no longer pink, 5 to 7 min. Remove chicken to cutting board and add kale to broth. Cook until kale is softened, about 3 min.
 3. Cut chicken into thin slices. Transfer to plate and cover to keep warm.
 4. Divide broth among bowls. Add chicken, fish cake, green onions, nori, kimchee and bonito. Peel and halve eggs and add to bowls.

Per serving 396 calories, 33 g protein, 45 g carbs, 10 g fat, 3 g fibre, 864 mg sodium.

Kitchen Tip: Cover eggs with cold water in a saucepan and set over high. Boil, then

reduce heat to medium-low. Simmer for 6 min. Immediately drain and rinse with cold running water to cool eggs completely. Peel eggs, then cut each in half lengthwise.

Kitchen Tip: Kamaboko is a Japanese fish cake often added to soups for flavour and a hit of colour.

Beef & Beet Borscht

Serves 10

Prep 20 min; **total** 1 hour

- 2 tbsp olive oil
- 200 g sirloin tip, diced
- 1 ¼ tsp salt, divided
- ½ tsp pepper
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 2 carrots, diced
- 1 large potato, peeled and diced
- ½ small head red cabbage, thinly sliced (3 cups)
- ¼ cup tomato paste
- 1 tbsp brown sugar
- 1 tsp dried coriander
- 6 cups sodium-reduced beef broth
- 2 bay leaves
- 2 large beets, peeled and grated (2 cups)
- 3 ½ tbsp red-wine vinegar
- ¼ cup chopped dill, divided
- ¼ cup sour cream

1. Heat oil in a large pot over medium-high. Pat beef dry with paper towels. Sprinkle with ½ tsp salt and pepper, then add to pan. Cook, stirring until no pink remains, 1 to 3 min.

2. Reduce heat to medium. Add onion, garlic, carrots, potato and cabbage. Cook, stirring until vegetables are slightly tender, 5 min. Stir in tomato paste, sugar, coriander and cook 1 min. Add broth and bay leaves. Boil, then reduce heat to medium-low.

3. Simmer, covered, until cabbage is very tender, about 15 min. Stir in beets, vinegar and remaining ¼ tsp salt. Continue simmering until beets are tender, 10 min. Let stand, covered, for 5 min. Stir in 3 tbsp dill. Remove and discard bay leaves. Ladle into bowls and serve with a dollop of sour cream or greek yogurt and remaining 1 tbsp dill.

Per serving 137 calories, 9 g protein, 17 g carbs, 4 g fat, 3 g fibre, 706 mg sodium. Excellent source of vitamin A.

Filipino Sour Salmon Soup (Sinigang)

Serves 6

Prep 15 min; **total** 25 min

- 1 tbsp canola oil
- 1 onion, thinly sliced
- 3 garlic cloves, minced
- 1 small jalapeno, seeded and chopped
- 6 cups water
- 3 tbsp fish sauce
- 200 g squash or pumpkin, unpeeled, cut into 1-in. pieces
- 1 Japanese eggplant, cut into ½-in. chunks
- 200 g long beans or green beans, trimmed and cut into 2 ½-in. pieces (2 cups)
- 2 vine-ripened tomatoes, seeded and coarsely chopped
- 450 g skinless salmon fillet, cut into large chunks
- ¼ cup white vinegar

1. Heat oil in a large pot over medium. Add onion and cook until it starts to soften, about 2 min. Add garlic and jalapeno and cook for 1 min. Add water, fish sauce, squash, eggplant and beans. Boil, then reduce heat to medium. Gently boil until squash is almost tender, 7 min. Add tomatoes, salmon

and vinegar during the last 2 min of cooking. Serve with steamed rice.

Per serving 233 calories, 18 g protein, 13 g carbs, 13 g fat, 2 g fibre, 753 mg sodium. Excellent source of vitamin A.
Kitchen Tip: Swap in haddock or halibut for salmon.

Portuguese Kale & Potato Soup (Caldo Verde)

Serves 8

Prep 20 min; **total** 50 min

- 3 tbsp extra-virgin olive oil, divided; plus more for garnish (optional)
- 225 g chorizo or linguica, cut into ¼-in. coins (2 cups)
- 1 large onion, diced
- 1 ¼ tsp salt
- ¼ tsp hot-pepper flakes
- 3 garlic cloves, sliced
- 5 Yukon Gold potatoes, peeled and cut into small cubes (5 cups)
- 900 mL no-salt chicken broth
- 2 cups water
- 1 bunch kale or collard greens, thick stems removed and leaves thinly sliced
- ¼ cup chopped parsley (optional)

1. Heat 2 tbsp oil in a large pot over medium. Add chorizo and cook, stirring until browned, 3 min. Transfer to a plate.
 2. Add onion, salt and hot-pepper flakes. Cook, stirring until very soft, 5 min. Add garlic and potatoes and cook, stirring, for 2 min. Add broth and water and bring to a boil. Reduce heat and simmer, covered, until potatoes are tender, 15 min.
 3. Add kale and bring to a boil. Reduce heat and simmer, uncovered, until kale is tender, 3 min. Purée half of the potatoes and kale



with an immersion blender.
4. Stir in remaining 1 tbsp oil and half the chorizo. Divide among bowls and sprinkle with parsley. Top with remaining chorizo. Drizzle with extra-virgin olive oil.
Per serving 312 calories, 11 g protein, 29 g carbs, 17 g fat, 3 g fibre, 826 mg sodium.
Excellent source of vitamin A.
Kitchen Tip: Remove thick middle stem from kale. Roll up leaves lengthwise and thinly slice for even strips.

Pull-Apart Rolls

Makes 20 rolls

Prep 35 min; **total** 3 hours 35 min

- 1 ¼ cups milk, divided
- 1 tbsp active dry yeast
- ¼ cup granulated sugar, divided
- ½ cup butter, cubed and divided
- 1 ½ tsp salt
- 2 eggs
- 4 ½ cups all-purpose flour
- flaked sea salt, optional

- 1.** Microwave ¼ cup milk in a medium heat-safe bowl until warm, 10 to 15 sec. Stir in yeast and 1 tbsp sugar and let stand until slightly frothy, about 10 min. Transfer to the bowl of a stand mixer.
- 2.** Microwave remaining 1 cup milk and ½ cup butter in the same bowl until butter is melted, about 50 sec. Stir in remaining 3 tbsp sugar and salt. Cool until lukewarm, then add to yeast mixture with eggs.

- 3.** Beat with the paddle attachment on low speed for 1 min. Gradually add flour until a ragged dough forms, about 2 min.
- 4.** Replace paddle with dough hook. Knead dough on medium for 1 min, then increase speed to medium-high and knead until smooth and elastic, about 5 min. Remove hook.
- 5.** Cover bowl with a damp kitchen towel. Let rise at room temperature until doubled in size, about 1½ hours.
- 6.** Spray 2 9-in. round pans with cooking spray. Transfer dough to a lightly floured counter and knead for 1 min. Divide in half, then divide each half into 10 portions. Roll into smooth round balls, pinching bottoms to seal. Arrange balls in prepared pans and cover with same towel. Let rise until doubled in size, about 1 hour.
- 7.** Preheat oven to 375F. Bake until golden brown, about 20 min. Let cool, 5 min. Melt remaining 2 tbsp butter and brush tops. Sprinkle with flaked salt.

Per roll 170 calories, 5 g protein, 24 g carbs, 6 g fat, 1 g fibre, 219 mg sodium.
Excellent source of folate.

Kitchen Tip: These featherlight rolls are best served warm from the oven with butter.



VARIATIONS

Garlic Butter Rolls

Cook 2 grated garlic cloves with 2 tbsp butter in a small saucepan over medium for 1 min. Stir in 2 tbsp parsley, then brush tops of baked rolls with garlic mixture.

Kitchen Tip: A microplane will produce finely grated garlic.

Seed Rolls

Sprinkle with 4 tsp poppy, flax or sesame seeds before baking as directed.

Italian-Style Lentil Soup

Serves 8

Prep 20 min; total 40 min

- 900 mL no-salt chicken broth
- 4 cups water
- 1½ cups green lentils, rinsed
- 2 bay leaves
- 2 rosemary sprigs
- ¼ cup extra-virgin olive oil, divided
- 110 g pancetta, diced (¾ cup)
- 1 large onion, diced
- 2 carrots, diced
- 3 garlic cloves, minced
- 4 thyme sprigs
- ¾ tsp salt
- ¼ tsp pepper
- ¾ cup finely grated parmesan, divided; plus more for garnish (optional)

1. Combine broth, water, lentils, bay leaves and rosemary in a large pot over medium-high. Bring to a boil. Reduce heat to medium-low. Simmer, covered, until lentils are softened, 20 min.

2. Heat 2 tbsp oil in a large frying pan over medium. Add pancetta and cook until browned, 4 min. Add onion, carrots, garlic, thyme, salt and pepper. Cook, stirring until vegetables are tender, about 10 min. Add to lentils and continue cooking, covered, until lentils are tender, about 15 min. Remove and discard bay leaves, rosemary and thyme sprigs. Stir in cheese. To serve, drizzle with remaining 2 tbsp oil and sprinkle with more parmesan. **Per serving** 279 calories, 16 g protein, 27 g carbs, 12 g fat, 6 g fibre, 549 mg sodium. Excellent source of vitamin A. **Kitchen Tip:** Cooking lentils and vegetables separately saves you time while delivering full flavour. **Kitchen Tip:** Add leftover parmesan rind to your broth mixture for added flavour.

Thai Sweet Potato Red Curry Soup

Serves 8

Prep 25 min; total 45 min

- 3 medium carrots, cut into 1-in. cubes (2 cups)
- 2 medium sweet potatoes, cut into 1-in. cubes (4 cups)
- 3 tbsp coconut or canola oil, divided
- 1 onion, chopped
- 1 leek (white and pale green parts only), thinly sliced
- 1 garlic clove, chopped
- 2 tbsp red curry paste
- 1 tbsp fish sauce
- 400-mL can light coconut milk, divided
- 900 mL low-sodium vegetable broth
- ½ tsp salt
- 2 tbsp lime juice
- GARNISH**
- 2 tbsp chopped salted peanuts
- ¼ cup cilantro leaves
- 2 tbsp shaved coconut

1. Preheat oven to 425F. Toss carrots and sweet potatoes with 1 tbsp oil on a baking sheet. Roast until tender, 20 min.

2. Heat remaining 2 tbsp oil in a large pot over medium. Add onion, leek and garlic and cook, stirring occasionally, until tender, about 10 min. Stir in curry paste and fish sauce. Cook for 1 min.

3. Add roasted vegetables, all but ¼ cup coconut milk and broth. Boil, then reduce heat to medium-low and simmer, uncovered, for 10 min. Remove from heat.

4. Purée soup until smooth, using an immersion blender. Return pot to heat, reduced to low, and stir in lime juice and salt. Ladle into bowls and top with remaining ¼ cup coconut milk, peanuts, cilantro and coconut.



TIPS FOR USING AN

IMMERSION BLENDER

An immersion blender is a great shortcut for achieving super-creamy soup. It drops right into the soup pot (no need to transfer hot soup to a blender), is easy to clean and takes up very little cupboard space.

1

Remove pot of soup from heat.

2

Place pot in an empty sink, so you can see what you're doing and contain any splatter.

3

Drop head of immersion blender right into the soup before you turn it on (again to contain splatter and avoid burns), then slowly move blender around the pot in circular motions until mixture is smooth.

4

To clean, detach the head and swish it around in a sudsy sink.

Per serving 201 calories, 3 g protein, 25 g carbs, 10 g fat, 5 g fibre, 540 mg sodium. Excellent source of vitamin A. **Prep Tip:** Immerse sliced leek in a large bowl of cold water, scoop out and spin dry before using.

Broccoli Cheddar Soup

Serves 8

Prep 15 min; total 35 min

- 1 bunch broccoli
- 2 tbsp butter
- 1 onion, diced
- 3 garlic cloves, minced
- 1½ tsp salt
- ¼ tsp pepper
- 3 tbsp all-purpose flour
- 900 mL no-salt vegetable broth
- 2 cups milk
- 1½ cups shredded old cheddar; plus more for garnish (optional)
- cayenne (optional)

1. Trim and finely chop broccoli, keeping stems and florets separate (6 cups).

2. Melt butter in a large pot over medium. Add onion and broccoli stems. Cook, stirring occasionally, until stems begin to soften, about 7 min. Add garlic, salt and pepper and stir until fragrant, 2 min. Add flour and cook for 1 min.

3. Gradually stir in broth and milk. Bring to a boil, then reduce heat to medium-low. Simmer until stems are fork-tender, about 4 min, then add florets and simmer until tender, about 4 more min. Remove from heat.

4. Purée soup with an immersion blender until smooth. Return pot to heat, reduced to low, and stir in cheddar. Ladle into bowls and top with additional cheese and cayenne. **Per serving** 191 calories, 17 g protein, 14 g carbs, 12 g fat, 2 g fibre, 654 mg sodium. Excellent source of vitamin C.

WELL CONNECTED

PRODUCTS, IDEAS, OFFERS & SOCIAL MEDIA INFO TO KEEP YOU IN TOUCH

Rewrite the Rules
always



*vs. Always Ultra Thin Regular with wings

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Always® Overnight™ pads have a 75% larger back* for up to 10 hours of protection while you sleep.



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Crush cravings this New Year with Meta Appetite Control! From the makers of Metamucil, the #1 Doctor recommended fibre brand, Appetite Control helps to temporarily suppress appetite and increase feelings of fullness when taken prior to a meal.

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OLAY



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DayQuil / NyQuil Complete Cold & Flu Symptom Relief are formulated with effective symptom-fighting ingredients to relieve your toughest cold symptoms, day or night.

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To ensure the product that you use is right for you always read and follow each label. Keep all medicine out of the reach of children.



The good stuff

Easy, hall-of-fame-worthy desserts to add to your go-to recipe collection

Chocolate Pudding


P 92

Photography by ERIK PUTZ | Food styling by CLAIRE STUBBS
Prop styling by JENNIFER EVANS



Chocolate Cake

▲
In homage to
McCain's Deep-n-
Delicious cake, we
used a star tip for the
frosting. But you can
also slather it on and
add sprinkles for an
equally special treat.



These addictive cookies strike the perfect balance between fudgy chew on the inside and crisp crackle on the outside.

**Double-
Chocolate
Brownie
Cookie**

P 92

Chocolate Pie

P 92



This luscious pie can be made up to 24 hours ahead and the crust still maintains its shape and texture.

Chocolate Pudding

Serves 8

Prep 10 min; **total** 20 min

Plus 3 hours chilling time

3 cups 3.25% milk, divided
 ½ cup granulated sugar
 ¼ tsp salt
 1 cup finely chopped dark chocolate
 4 egg yolks
 ¼ cup unsweetened cocoa
 ¼ cup cornstarch
 2 tsp vanilla extract

1. Heat 2½ cups milk, sugar and salt in a saucepan set over medium, stirring until sugar dissolves and bubbles start to form around the sides of the pan, about 5 min. Add chocolate and stir constantly until chocolate is melted, 4 min. Remove from heat.

2. Whisk yolks, cocoa, cornstarch and remaining ½ cup milk in a medium bowl. Whisk constantly while quickly adding one-third of hot chocolate mixture. Pour mixture back into the pot and set over medium.

3. Whisking constantly, bring the pudding to a gentle boil and continue to stir until it thickens, 1 to 2 min. Stir in vanilla. Transfer to a large shallow bowl. Place plastic wrap directly onto pudding to prevent skin forming and refrigerate until set, about 3 hours. Remove plastic wrap and gently stir pudding before serving in ramekins.

Per serving 256 calories, 6 g protein, 30 g carbs, 13 g fat, 3 g fibre, 116 mg sodium. Excellent source of vitamin B₁₂.

Variation: For Milk Chocolate Pudding, replace dark chocolate with milk chocolate. Decrease sugar to ½ cup, increase cornstarch to ½ cup and increase salt to ½ tsp. Continue with recipe. Makes 3½ cups.

Chocolate Pie

Serves 10

Prep 10 min; **total** 30 min

Plus 5 hours 15 min chilling time

HALF-AND-HALF PASTRY

1¼ cups all-purpose flour
 1 tsp granulated sugar
 ½ tsp salt
 ¼ cup cold unsalted butter, cubed
 ¼ cup cold lard, cubed
 4 to 6 tbsp ice water

1. Stir flour, sugar and salt in a large bowl. Add butter and lard. Using your fingertips, work mixture until finely crumbled. Stir in ice water just until pastry can be formed into a ball, adding more ice water if needed. Dough should not be sticky. Wrap in plastic wrap and press into disc. Refrigerate for 1 hour.

2. Position rack at bottom of oven, then preheat to 400F.

3. Roll out dough into a 13-in. circle on a lightly floured surface. Lift onto a 9-in. pie plate and press dough over bottom and up sides of plate, leaving a 1-in. overhang. Fold overhang under and flute edge. Freeze for 15 min. Prick pastry all over with a fork. Line with a large square of foil to cover, then fill with dried beans and bake on bottom rack for 20 min. Remove foil and weights and bake until crust is golden, about 10 min. Let cool on a rack.

4. Make Chocolate Pudding (recipe this page) up to the point of chilling. Pour hot mixture into baked shell. Place plastic wrap directly onto pudding to prevent skin forming and chill for at least 4 hours or overnight. Serve with whipped cream and chocolate shavings.

Per serving 348 calories, 7 g protein, 35 g carbs, 21 g fat, 3 g fibre, 208 mg sodium. Excellent source of vitamin B₁₂.

Double-Chocolate Brownie Cookie

Makes 26 cookies

Prep 15 min; **total** 45 min

2 eggs, at room temperature
 ¾ cup granulated sugar
 1 tsp vanilla
 1 cup semi-sweet chocolate chips
 ¾ cup chopped dark chocolate
 ½ cup unsalted butter, cubed
 ½ cup all-purpose flour
 2 tbsp cocoa powder
 ½ tsp salt
 ½ tsp baking powder
 flaked sea salt (optional)

1. Preheat oven to 350F and line 2 baking sheets with parchment.

2. Whisk eggs and sugar in the bowl of a stand mixer on medium-high until tripled in volume, 10 to 12 min. Whisk in vanilla.

3. Melt both chocolates and butter in a large heatproof bowl set over 1 in. of simmering water in a large pot, stirring until smooth, 2 to 3 min. Remove from heat.

4. Whisk flour, cocoa, salt and baking powder in a small bowl.

5. Gently fold one-third of egg mixture into the chocolate until no streaks remain. Fold in remaining egg mixture. Sift flour mixture over chocolate and gently fold until smooth.

6. Scoop 1-tbsp portions onto prepared sheets, spaced 1 in. apart. Bake until cookies are puffy and cracked on top, 9 to 10 min. Sprinkle with sea salt and let cool on sheet for 2 min before transferring to a rack. Repeat with remaining batter.

Per cookie 70 calories, 1 g protein, 8 g carbs, 4 g fat, 1 g fibre, 37 mg sodium.

Chocolate Cake

Serves 24

Prep 20 min; **total** 2 hours

1¼ cups all-purpose flour
 1½ cups granulated sugar
 ¾ cup cocoa powder, sifted
 1½ tsp baking soda
 1 tsp baking powder
 ½ tsp salt
 2 eggs
 ¾ cup buttermilk
 ½ cup canola oil
 2 tsp vanilla
 ½ cup hot water

ICING

4½ cups icing sugar, sifted
 ½ cup cocoa powder, sifted
 ¾ cup butter, softened
 ½ cup milk
 2 tbsp rainbow sprinkles (optional)

1. Preheat oven to 350F.

Spray a 9 × 13-in. baking pan and line with parchment up the length of 2 sides.

2. Whisk flour, sugar, cocoa, baking soda, baking powder and salt in a medium bowl.

3. Whisk eggs, buttermilk, oil and vanilla in a large bowl. Stir in flour mixture until just combined. Whisk in hot water. Pour into prepared pan.

4. Bake until a cake tester inserted in centre of cake comes out clean, about 30 min. Let cake cool in pan on a rack for 30 min. Place rack on top of cake, then invert and remove baking pan and parchment. Cool completely, about 30 min. Invert onto serving platter.

5. Stir icing sugar and cocoa in a medium bowl. Beat butter in a large bowl with a hand mixer on medium-high, until fluffy. Reduce speed to medium-low and add icing sugar mixture, alternating with milk and ending with icing sugar mixture, until combined. Spread on cake and sprinkle with candy.

Per serving 279 calories, 3 g protein, 44 g carbs, 12 g fat, 2 g fibre, 194 mg sodium.



My friends wondered what I was doing differently...

I LOST 65 POUNDS WITH ZUCCARIN DIET

"My name is Josephine and I live in Toronto. I work as a nutritional planner for hospital patients. All my life I have struggled with my weight but over the last year I have finally figured it out. **I am down 65 pounds now and feeling better than ever.** My friends and my aqua fitness instructor keep asking me what I am up to and how I lost so much weight.

I READ ABOUT ZUCCARIN

A few years back I was told my blood sugar was too high. I was tired, craving sugar and not losing weight, so the diagnosis didn't come as a surprise. My doctor wanted to start me on medications, but I wanted to try a natural option first.

I read about a woman in Florida who had regulated her blood sugar levels naturally and while doing that, lost a big amount of weight. She had been using a mulberry leaf supplement called Zuccarin.

MY WEIGHT LOSS SUCCESS

When I started using Zuccarin I first noticed that my blood sugar dropped to normal levels within days. It was great to see that result from a natural health product.

After a while I noticed how much better I felt and how my sugar cravings were fading. As a nice side effect, I was gradually losing weight, and noticing how my waist was shrinking. I was thrilled!

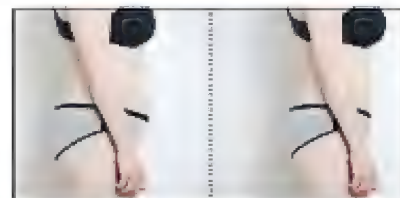
Now it has been over a year, and I have lost 65 pounds in total. Zuccarin has been a huge help in reducing my sugar cravings and weight. Now, when anyone asks me how I did it, I am the first to tell them about Zuccarin. I strongly recommend it to anyone who has blood sugar - or weight issues, as I had."

J.T., Toronto, ON.



THE SLIMMING EFFECT OF STABLE BLOOD SUGAR LEVELS

A recent Italian study of Zuccarin™ showed the impressive weight loss results of blocking carbohydrates. Zuccarin™ produced an average weight loss of **20 pounds in 90 days**. The diet group lost 10% of their weight and 3 times more fat than the people in the control group.*



TEST YOURSELF: How do you feel?



- ☐ I have a lack of energy
- ☐ I have difficulty losing weight
- ☐ I gain weight around my belly
- ☐ I feel tired and irritated when I lack sugar
- ☐ I often have sugar cravings

There are some clues that your blood sugar levels are unstable or too high. Try Zuccarin to promote healthy blood sugar levels and weight loss.



Zuccarin™ from New Nordic is the no.1 selling mulberry leaf supplement in the world. Simply take one tablet before each meal.

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Online Store

*"Mulberry leafberry supplementation as Adjunctive treatment of Obesity" Journal of Biological Regulation and Homeostasis Agents, Vol 26, no 1, 2014. To determine if this product is right for you, always read the label and follow the instructions.

The Dinner Plan

One shopping list, five easy weeknight meals

45
minutes
or less



Monday

Curried Lamb Tortillas

Ready in 25 min Serves 4

FOOD STYLING: CLARE STUBBS



Tuesday

Mushroom Grain Bowl
Ready in 45 min Serves 4



Wednesday

Turkey Piccata with Mesclun Salad
Ready in 30 min Serves 4



Thursday

Scallop Risotto with Arugula
Ready in 45 min Serves 4



Friday

Nachos Supreme
Ready in 45 min Serves 4 to 6



Grocery list

PRODUCE

- 500 g mixed mushrooms
- 227 g mesclun salad mix
- 142 g baby spinach
- 6 cups baby arugula
- 2 red onions
- 1 onion
- 1 jalapeño
- 4 vine-ripened tomatoes
- 1 bunch leeks
- 1 bunch green onions
- 1 head garlic
- 2 lemons
- mint
- thyme

PROTEIN

- 500 g turkey scallopini
- 350 g lean ground lamb
- 100 g cured chorizo
- 12 large sea scallops

DAIRY

- goat cheese
- cheddar
- 0% Greek yogurt
- extra-smooth ricotta

DRY GOODS

- red & white quinoa blend
- arborio rice
- 540-mL can no-salt red kidney beans
- 540-mL can lentils
- 540-mL can chickpeas
- skinned hazelnuts
- 300-g bag no-salt tortilla chips
- low-sodium chicken broth
- capers
- 4 whole wheat tortillas

CHECK YOUR PANTRY

FOR olive oil, canola oil, red-wine vinegar, white-wine vinegar, cumin seeds, curry powder, smoked paprika, dried oregano, garlic powder, butter, salt, pepper.



MONDAY

Curried Lamb Tortillas

Serves 4

Prep 15 min; total 25 min

- 1 small red onion, divided
- 2 tsp olive oil
- 1 tsp curry powder
- ½ tsp cumin seeds
- ½ tsp salt
- 1 cup canned chickpeas, drained and rinsed
- 350 g lean ground lamb
- ½ cup mint, torn
- ¾ cup 0% Greek yogurt
- 4 whole wheat tortillas, toasted
- lemon wedges

1. Cut one-quarter of onion into thin slices and reserve. Finely chop remaining onion.
2. Heat oil in a large non-stick frying pan over medium-high. Add chopped onion and cook, stirring, until softened, about 4 min. Add curry, cumin and salt, stirring until fragrant, about 1 min. Add chickpeas and lamb and cook, stirring and breaking up with back of wooden spoon until meat is no longer pink, about 5 min. Remove from heat; stir in mint.
3. Spread yogurt over tortillas, then top with lamb mixture and reserved onions. Serve with lemon wedges.

Per serving 523 calories, 33 g protein, 56 g carbs, 19 g fat, 8 g fibre, 843 mg sodium. Excellent source of vitamin B₁₂.



TUESDAY

Mushroom Grain Bowl

Serves 4

Prep 15 min; total 45 min

- 500 g mixed mushrooms
- ¼ cup olive oil, divided
- ¾ tsp salt, divided
- ½ red onion, thinly sliced
- 1 garlic clove, minced
- ¾ cup red and white quinoa blend, rinsed
- 1½ cups water
- 142-g pkg baby spinach (6 cups)
- 540-mL can lentils, drained and rinsed
- ½ cup toasted skinned hazelnuts, chopped
- ½ cup crumbled goat cheese
- 3 tbsp red-wine vinegar

1. Preheat oven to 425F and line a baking sheet with parchment.
 2. Toss mushrooms with 3 tbsp olive oil and ¼ tsp salt on prepared baking sheet. Roast until mushrooms are tender, 20 min.
 3. Heat remaining 1 tbsp oil in a pot over medium. Add onion and garlic and cook, stirring until onion is tender, about 5 min. Stir in quinoa, water and remaining ½ tsp salt. Boil, then reduce heat to medium-low and simmer, covered, for 15 min. Remove from heat and let stand for 5 min.
 4. Transfer to a large bowl; toss with spinach and roasted mushrooms. Stir in lentils, hazelnuts, goat cheese and vinegar.
- Per serving** 570 calories, 24 g protein, 53 g carbs, 31 g fat, 12 g fibre, 794 mg sodium.



WEDNESDAY

Turkey Piccata with Mesclun Salad

Serves 4

Prep 20 min; total 30 min

- 3 tbsp olive oil, divided
- 1 tbsp white-wine vinegar
- ¼ tsp each salt and pepper, divided
- 500 g turkey scallopini
- 2 tbsp capers
- 2 garlic cloves, minced
- 1 zested lemon, sliced into ¼-in. rounds
- 1 cup low-sodium chicken broth
- 1 tbsp lemon zest
- 2 tbsp butter, cubed
- 227 g mesclun salad mix

1. Whisk 2 tbsp oil with vinegar and ¼ tsp each salt and pepper in a large bowl. Set aside.
 2. Sprinkle turkey with remaining ¼ tsp salt and pepper. Heat remaining 1 tbsp oil in a large non-stick frying pan over medium-high. Add 4 pieces of turkey and cook until just golden, 1 to 2 min per side. Remove to a platter and cover with foil to keep warm. Repeat with remaining turkey, adding more oil, if needed.
 3. Add capers, garlic and lemon slices to pan. Cook for 30 sec. Add broth and reduce heat to medium. Gently boil until reduced to ½ cup, about 5 min. Stir in lemon zest and butter. Return scallopini to sauce and warm through, 30 sec. Add mesclun to dressing, toss and serve with turkey.
- Per serving** 303 calories, 31 g protein, 4 g carbs, 18 g fat, 1 g fibre, 502 mg sodium. Excellent source of vitamin A.



THURSDAY Scallop Risotto with Arugula

Serves 4

Prep 15 min; total 45 min

- 3 tbsp butter, divided
- 1 leek (white and pale green parts), thinly sliced and washed
- 1 cup arborio rice
- 2 cups low-sodium chicken broth
- 1½ cups water
- 2 tsp dried oregano
- 1 tsp garlic powder
- ½ tsp salt
- 1 tsp smoked paprika
- 12 large sea scallops, patted dry
- ½ cup extra-smooth ricotta
- 6 cups baby arugula, divided

1. Preheat oven to 400F.
2. Melt 2 tbsp butter in a large, oven-safe pot over medium. Add leek and cook, stirring, until softened, 5 min. Stir in rice and 1 cup broth. Cook, stirring until liquid is absorbed, 2 min. Stir in water, remaining 1 cup broth, oregano, garlic and salt. Bring to a boil, stirring often. Cover pan and bake until all liquid is absorbed, 20 to 25 min.
3. Sprinkle paprika over scallops. Melt remaining 1 tbsp butter in a frying pan over medium-high. Cook scallops until golden, 1 to 2 min per side.
4. Stir ricotta and 3 cups arugula into risotto. Serve topped with remaining arugula and scallops.
Per serving 448 calories, 29 g protein, 56 g carbs, 13 g fat, 5 g fibre, 967 mg sodium.



FRIDAY Nachos Supreme

Serves 4 to 6

Prep 20 min; total 45 min

- 300-g bag no-salt tortilla chips
- 1 tbsp olive oil
- 100 g cured chorizo, diced (1 cup)
- 1 onion, finely diced
- 4 garlic cloves, minced
- ½ tsp chopped thyme
- 4 vine-ripened tomatoes, chopped and divided
- ¼ tsp pepper
- 540-mL can no-salt red kidney beans, drained and rinsed
- 3 green onions, chopped and divided
- 1½ cups shredded cheddar
- 1 jalapeno pepper, seeded and sliced (optional)

1. Preheat oven to 375F and line a baking sheet with parchment. Arrange tortilla chips in single layer.
2. Heat oil in saucepan over medium. Add chorizo and cook for 2 to 3 min. Transfer to a bowl. Add onion, garlic and thyme and cook until onion starts to soften, 5 min. Add half of tomatoes and the pepper and cook for 2 min. Add to chorizo bowl and stir in beans and two-thirds of green onions.
3. Spoon chorizo mixture over chips, then sprinkle with cheddar. Bake until cheese is melted, 12 to 15 min. Sprinkle with remaining green onions and chopped tomatoes, and jalapeno.
Per serving 441 calories, 20 g protein, 62 g carbs, 13 g fat, 12 g fibre, 685 mg sodium. Excellent source of calcium.

Loose ends

How to use up leftover ingredients from this month's Dinner Plan



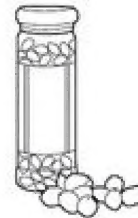
EXTRA-SMOOTH RICOTTA

RICOTTA FRENCH TOAST
Stir ½ cup ricotta with 1 tbsp honey and 1 tsp lemon zest. Serve dolloped over warm French toast.



CHICKPEAS

SWEET AND SPICY ROASTED CHICKPEAS
Pat 1 cup canned chickpeas dry. Toss with 1 tbsp olive oil on a parchment-lined baking sheet and roast at 400F, stirring twice until golden, 35 min. Sprinkle with 2 tsp brown sugar, ½ tsp salt and ¼ tsp cayenne until coated. Serve as a snack or add to salads.



CAPERS

CAPER FINGER SANDWICHES
Stir 2 tbsp minced capers into ¼ cup softened cream cheese. Spread onto 2 slices of white bread. Top with thinly sliced red onion and smoked salmon. Sandwich with 2 more white bread slices. Cut off crust and slice each into 4 triangles.



RED ONION

CIDER-PICKLED ONION
Thinly slice 1 red onion into rounds and cover with boiling water in a bowl. Boil ½ cup cider vinegar, ½ tsp sugar and ¼ tsp salt in a medium saucepan. Drain onion slices and add to vinegar mixture. Cool and refrigerate for up to 2 weeks. Serve in tacos, in sandwiches or on steaks.



RED & WHITE QUINOA

RAINBOW QUINOA SALAD
Stir together 2 cups cooked red and white quinoa, 1 cup grape tomatoes, quartered, 1 cup diced yellow peppers, ¾ cup crumbled feta and ½ cup each grated carrots and chopped parsley. Toss with 1 tbsp each olive oil and cider vinegar.



THROWBACK



Jordan says the scented thing about Susan's fragrance is it means she's close by. Susan Russell (left) likes V.E. Versace. Susan Versace's fresh floral scent mixed with Musk and wood notes. "It's a little luxury I indulge in during the day," says the jewelry boutique manager. Husband Jordan always chooses Susan's fragrances (Chanel and Fendi were past favorites) and he knows that scent can lift the spirits. When Susan was pregnant at home, he often brought her fragrance gifts. "Susan's perfume was such a great thing for me," he explains. "I like to smell it when I embrace her, reminds me of our good times together." The scented thing about perfume is the feeling that you are close to your loved one.

Scents women wear... and men love

These women have discovered that a signature fragrance may well be romance's most artful ally
By Charmaine Gooden

Turle wears a fragrance wardrobe; Mary prefers the spicy floral French Salsolier (right), a nice reminder of a weekend in the country, enjoys a wardrobe of fragrances to suit her moods and the season. "Right now, I like Paris by Yves Saint Laurent, First by Yoo Guee & Angelo, K de Kiehl and La Châlonne." Mary Gomez, her actor husband, can't resist all Turle's scents—of the occasion, but he favors a First, an elegant spicy floral. "It's very delicate. I don't get it confused with any other perfume."



For Eric, Margaretta's fragrance evokes good memories Margaretta Silverman (left) wears Son 2 by Sonia Rykiel, a spicy floral with woody spice notes, because that's how she met Eric. "I never buy any new fragrances," she says. "It's always a gift from Eric." Eric likes Rykiel because of the musky, it evokes. "It reminds me of the first time we were together on a boat off Costa Nova, Florida," he says. "The sky was full of stars, and we were sneaking away."



Garcia says Linda's fragrance puts him in a France Linda Perla (above), who owns a shoe boutique, maintains she's not a fragrance person, but when a special occasion calls for one, she chooses Chanel No. 5, a modern floral classic. Husband Giancarlo Ricotta says Linda's fragrance puts him in a France. "I don't notice Linda's fragrance until we're in bed—then, I realize."



Anthony likes Lily's scent because it works with her body chemistry Lily Ng-Yi (above), a fashion designer, wears Sang, a fresh floral, for day. In the evening, she opts for a headier scent—Yves Saint Laurent's Opium, a classic Oriental. Husband Anthony likes Sang—it works with Lily's body chemistry, he says. "But I want to notice Lily's fragrance when she's been away—her scent tells me she's home."



Morris likes to smell Vivian's fragrance when they outside Vivian Palano (left) has worn Paloma Picasso, a lush semi-Oriental, for years and recently added Carolina Herrera, a floral scent, to her fragrance wardrobe. "Herrera makes me feel very feminine," says the jewelry designer and distributor. "Paloma makes me feel so-so-so-so." Flanked Morris Saffer likes Vivian's fragrance because they're subtle. "I think fragrance should be noticeable only when you're close to someone," he says. "I like to smell Vivian's fragrance when I hug her."

Linda's a one-scent woman; George likes its familiarity Linda Varella (right), a painter, has worn Jean Charles Borelli's Ombre Rose for so long it has become her signature scent. It's a warm floral with the sweetness of iris, vanilla and honey, and it suits her perfectly, she says. "It's very soft and not overpowering." She loves the bottle too, she adds. Husband George Woodfield, a film TV director, likes Linda's fragrance because "it's beautiful. It has become Linda, and it makes me feel good to smell it because it means she's around."



10 sought-after new scents

- 1 INSEPARABLE** by Arna, a woody floral warmed with amber and mossy undertones. Eau de cologne spray, 50 ml, \$17.95.
- 2 U II SHEEN SCENT** by Ultime II, a fresh, woody floral blend with the surprise of pepper. Eau de cologne, 50 ml, \$15.
- 3 WRAPPINGS** by Clinique, an unusual blend of white flowers and green herbs underscored by woody elements. Eau de parfum spray, 50 ml, \$50.
- 4 BYELOS** has a green, floral, fruity and woody bouquet, which includes mandarin, jasmine, raspberry and pepper notes. Eau de toilette splash, 50 ml, \$16.
- 5 GUERRE** by Guerres Marlene, a sexy combination of green and fruity notes with a lovely floral edge. Eau de toilette spray, 50 ml, \$45.
- 6 C'EST LA VIE** by Christian Lacroix, a rich warm floral with amber notes. Eau de toilette spray, 50 ml, \$59.
- 7 ROMEO DI ROMEO GIEL**, a light soft floral with sweet fruity notes. Eau de parfum splash, 50 ml, \$62.
- 8 KENZO**, a blend of magnolia, geranium and tuberose with a hint of rose and jasmine. Eau de toilette spray, 50 ml, \$61.
- 9 ENCORE** by Alfred Sung, a romantic floral/Oriental fragrance. Eau de parfum, 50 ml, \$35.
- 10 UNFORGETTABLE** by Revlon, a floral/Oriental with powdery nuances. Eau de cologne spray, 50 ml, \$34.

February 1991

Women who spritz, and the men who smell them

The times The Gulf War ended in a ceasefire, Canada's GST came into effect and Margaret Atwood released *Wilderness Tips*, a short story collection. **The seduction tool** Perfume. Whether you prefer powdery spritzes, heady musks or freshly baked goods, as *Chatelaine* writer Charmaine Gooden pointed out in 1991, "a signature fragrance may well be romance's most artful ally." Gooden asked eight lovey-dovey couples about the scents that bonded them. There was Jordan, who chose perfume for his wife, Susan ("I like to smell it when I embrace her"); Lily, an Opium wearer, whose classic floral scent reminded her husband, Anthony, "she's home"; and Eric, who said a noseful of the spicy Sonia Rykiel eau de toilette worn by his wife, Margaretta, evoked memories of a boat trip off the coast of Florida's Cocoa Beach.

"The sky was full of stars, and we were sneaking away." Sniff, sniff. —Katie Underwood



"Scents Women Wear...and Men Love" by Charmaine Gooden

Quality Natural Health Products Below:

New & Improved Eroxil™ for Sexual Stamina

Eroxil™ (Product #6) helps to support male virility and energy. Promotes healthy circulation. A few hundred testimonials on our website with full names and towns. All 100% true:

■ **Eroxil is the best** of all the supplements for men I've tried. Boosts my sex drive and I'm able to function anytime. *Angus Gutke, 45, Calgary, AB.* ■ **Regained virility in three days.** My libido was restored for good sex. I've also given it to friends with the same results. One of them is a diabetic and overweight. *Dr. Louis Rolland, 72, St. Hyacinthe, QC.* ■ **Wow! I feel like I did thirty years ago.** My partner said I should have done it a lot sooner. She is one happy camper again. *John Warner, 81, ON.*



#6 NPN 80051008

Supreme Immune Booster

■ **Immune system for life!**

I have been taking the Bell Supreme Immune Booster (Product #52) for two years. I am amazed at how it has strengthened my immune system. I do not get colds or flus anymore. I am taking this supplement every day. Like a miracle, it strengthens my whole defense system against attacks from bacteria and viruses that our bodies have to get rid of if we want to stay healthy. *John Grace, 52, Broomall, PA.* ■ **I had throat and ear infections repeatedly.** I have had a weak immune system since I was a young child. As soon as the antibiotic medication was finished, I would have the another infection until the pharmacist recommended Bell Supreme Immune Booster. I have been taking it now for four months and don't need any more antibiotics. *Anne Michelle Holer, 24, Rosebud, AB.*

■ **I was surprised realizing that I had no illness all winter!** For the last twenty years, every winter I would usually get two or three nasty colds. I was taking Vitamin C, antibiotics etc., all winter long. Last November, I started taking Bell Supreme Immune Booster and by the end of April, I was shocked to realize for the first time in twenty years, I was not sick all winter. This product works flawlessly. *Derek Deluca, 49, Sudbury, ON.*



#52 NPN 80044236

ARTHRITIS

■ **Pain free in two weeks.** This is what happened to me personally. I tried drugs, acupuncture, magnets, physio and others. Finally, a special processed shark cartilage supplement helped me. Since then, I helped hundreds of thousands of people worldwide. *Nick A. Jerch, President.* ■ **Cancelled knee replacement.** I was in pain and limping. I have no more pain now and can square dance for hours.

Anton Melnychuk, Porcupine Plain, SK. ■ **I tried another brand** and the pain came back. Two weeks on Bell and the pain is gone again. *Gert Dupuis, Hanmer, ON.* ■ **On our website** people write: "Can walk again for hours"; "Can climb stairs without hanging on to railing"; "First time in fifteen years I can sleep at night". Hundreds of testimonials on our website with full names and towns. Shark bones/cartilage was previously a throw away by-product of the food industry. No sharks are caught for their cartilage. Don't let any activist confuse you.



#1 NPN 80042263

Bladder One for Women™

■ **Over 3.5 million Canadians** experience some form of incontinence, affecting mainly women over forty-five. Urinary incontinence can be embarrassing and emotionally distressful, which can eventually lead to isolation and depression. If you are one of the many women suffering from urinary incontinence (the loss of bladder control), the NEW Bell Bladder One for Women™ (Product #90) is a convenient, natural solution to help reduce sleepless nights and embarrassment caused by urinary incontinence.

■ **Formulated with eight different herbs,** Bladder One for Women™ helps with incontinence and control in a natural way. Packed with antioxidants, this herbal supplement helps alleviate symptoms associated with urinary tract infections (UTIs), such as burning sensations and/or frequent urination. It also helps to prevent recurrent urinary tract infections (UTIs). Bladder One for Women™ helps support a clean urinary tract, relaxed bladder muscles and reduced inflammation and irritation. All of these benefits come in convenient capsule form and only one capsule daily is needed to provide comfort, control, and relief. ■ **Bladder One for Women™ is GMO Free and Allergen Free.**



#90 NPN 80065597

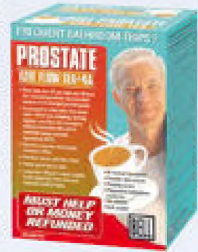
100% Truthful testimonials with full names and towns.
No money is paid for testimonials.

Read Guarantee
on all boxes

Frequent bathroom trips? Prostate Ezee Flow Tea

Within 3-5 days most men can lead a normal life again. Helps stop dribbling, burning and rushing frequently to the bathroom. Get up once a night or not at all. Helps relieve the urologic symptoms associated with BPH (Benign Prostatic Hyperplasia).

■ **Best product on the market.** I had 100% relief. I don't have to get up anymore during the night. My sex life has changed completely. I'm a new man today. Thanks a million times for this incredible tea. *Oleg Kerler, Thornhill, ON.* ■ **Prostate Ezee Flow Tea worked quickly for a non-tea drinker!** My wife bought your Prostate Ezee Flow Tea and made me drink it. Within a week, my urine flow was back to normal and no more burning. Also, I do not get up as often during the night. I'm now a tea drinker. I am very happy with the results. Great product! *John Hurlbut, 56, London, ON.*



#4A NPN 80051642

Stem Cell Activator

■ **Stem Cells activated** from our own bone marrow spread all over the body to heal injuries, help with pain, and rejuvenate our skin all over the body and especially in our face. Women that took it for healing were surprised that it visibly improved their facial skin better than creams. ■ **In a few weeks I noticed a huge difference** in the appearance of my skin, as some lines and creases were diminishing.

#63 NPN 80051478 leaving a nice, polished glow to my face. *Caroline Dube, Petawawa, ON.* ■ **Friends remarked that I don't have the deep lines** in my face anymore. One concludes that if the stem cells have such a healing effect on the skin, they must also have a great benefit for all internal organs. I feel young and full of vitality. *Diane Perreault, 62, Trois-Rivières, QC.* ■ **Bell Lifestyle's Founder:** I've been taking Stem Cell Activator for years. I still enjoy working full-time. Invariably, in places where I have to give my age of 84, people comment that I look like I'm in my 60s. *Nick A. Jerch.*



60 MORE Natural Health Products on the Bell website. All products come with a Money-Back Guarantee.

Natural health products gently address the root causes of some health issues, unlike medications that typically address the symptoms, often with harsh side effects.



Founder's own story: Eighteen years ago I started to have arthritis, prostate, kidney, snoring and sleep apnea problems, which were all helped quickly with natural health products. I made it my life's purpose to help others. *Nick A. Jerch*

All products have NPN licences. All are guaranteed. To ensure this product is right for you, always read the label.



Available in all health food stores and in many participating pharmacies and grocery stores. If your favourite store doesn't carry Bell Products, tell them to give us a call. You can order direct on our website, or call us with Visa or MasterCard. S&H \$9.95. No S&H charges if three or more bottles are ordered.

1-800-333-7995

Store locations
on website.

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